INGREDIENTS FOR THE GOOD LIFE

EatingWell®

JANUARY/FEBRUARY 2020

2020 Love Every Day!

Simple Steps to Healthier Habits

WARMING WINTER SOUPS

20 MINUTES TO DINNER

Caramel Macchiato

Combine 2 tbsp Torani Caramel Sauce with 2 shots espresso (or ½ cup strong brewed coffee) and 1 cup frothed milk

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Iced Turtle Latte

Stir 1 tbsp Torani Caramel Sauce and 1 tbsp Torani Dark Chocolate Sauce with 1 cup milk and 2 shots chilled espresso. Top with whip cream & more sauce

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Boozy Bourbon Caramel Shake

Blend together 3 tbsp Torani Caramel Sauce, 2 oz bourbon and 2 cups chocolate ice cream

Iced Caramel Latte

Mix 2 tbsp Torani Caramel Sauce with 1 cup milk and 2 shots chilled espresso and serve in a rimmed glass with Caramel Sauce & sea salt

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FEATURES

Brûléed Blood Oranges with Yogurt & Cardamom, *p. 101*

On the Cover

Simple Steps to Healthier Habits: p.62

Warming Winter Soups: p.12, p.22, p.94

20 Minutes to Dinner: p.28, p.30, p.33, p.34

64
How I Ditched Dieting for Good
There's a reason intuitive eating is trending right now: it may be an even more effective way to lose weight, boost body image and learn to stop judging foods as "good" or "bad." Food is food. It's OK to love it all.
By Lynne Curry

76
Stirring
Three writers explore the intersection of food and love—and how being in the kitchen just makes life better. **By Gabrielle Hamilton, Summer Miller & Adam Dolge**

82
Appetite for Desire
The stimulating power of aphrodisiacs, from chocolate to oysters, may be all in our heads. But when they taste this good, does it matter?
By Lynda Balslev

88
Welcome to America
Dropped into the mayhem of Los Angeles, many newly arrived refugees struggle to find their way. Miry Whitehill is changing that with a love-your-neighbor ethos and home-cooked community meals.
By Laurel Randolph

96
Hot Blooded
With their tie-dyed flesh and shock of tang and bitter, blood oranges straight-up drive us wild.
By Judith Fertig

COVER: LEIGH BEISCH
STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS)
THIS PAGE: ERIC WOLFINGER
STYLING: ABBY STOLFO (FOOD), GLENN JENKINS (PROPS)

DEPARTMENTS

6 Editor's Letter
8 Chatter
106 Recipe Index

11 Dinner Tonight
In honor of the New Year, we have 16 pages of salad recipes. Just kidding! We're kicking off 2020 with quick-and-comforting meals like Slow-Cooker Potato Soup and Antipasto Smothered Chicken. (Not to knock a good salad; we've got an amazing one with kale, pear and feta on page 38.)

45 Good Life
Artisan chocolate, anyone? Check out four factories where you can sample the sweets and see how they're made. Plus, strategies to fend off prediabetes, a condition a third of Americans have, and a science-proven way to make your resolutions stick this year.

71 Good Food Fast
Update (read: improve) your salad-in-a-jar lunch. Learn our technique for making game-day wings (no frying) and get seven sauces to dunk them in. Craving something sweet-crunchy-salty? We have snack suggestions.

103 Well Seasoned
Our Test Kitchen pros show you how to suprême citrus (sounds fancy, but we'll walk you through it) and share the best way to make soft pretzels. We tested, debated and retested this recipe to get it just right!

108 Food with Purpose
Activist Rose McGee honors MLK Day by baking pies that bring her Minnesota community together.

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ERIC WOLFINGER

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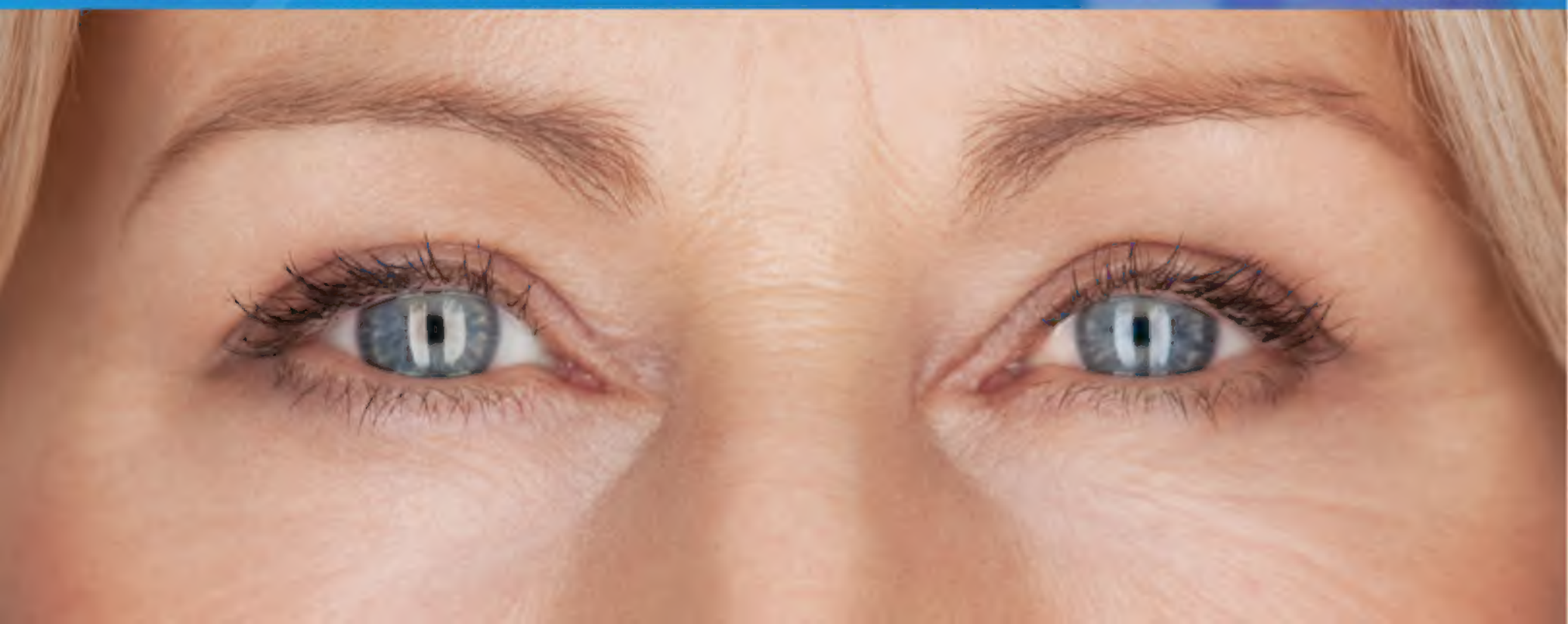

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My Loves

This first issue of 2020 is themed around love. I've never been one for resolutions. So instead I'm focusing my energy for the new year by taking this moment to write a list (in no particular order of importance) of 20 things that I'm grateful for:

1. Let's start with this photo. I *have* to have **pets** in my life. I'm holding Foxy Leroux here. She was a stray rescued from the University of Mississippi campus.

2. I love **cooking.** How lucky am I that my passion is also my work?

3. While I make dinner (and whenever I'm in the car) I listen to NPR. I am all-in on the **news** and fact-based journalism.

4. Daily **exercise** is nonnegotiable. My current kick is CrossFit, but I've been a regular swimmer since my 20s.

5. Speaking of swimming, I love to be on the water and in particular **Lake Champlain,** the 120-mile-long lake that runs along much of the Vermont/New York border.

6. When the lake freezes, you'll find me **skating** on it.

7. Wine.

8. Cheese. The funkier the better.

9. Shopping the **farmers' market,** because I get the best goodies there and always learn something.

10. I never get tired of **learning about food.**

11. That means **travel** is always a highlight of my year. I'll track down good eats no matter where I go, from Albuquerque to Antigua.

12. Anchovies and olives. These make perfect sense together, right?

13. That may be because **Italian** is the one cuisine I'd pick if it had to be just one.

14. Vegetables. They make me feel healthy. They're delicious *and* beautiful!

15. There are easier ways to find recipes, but I still love **cookbooks.**

16. And **print** in general. Though I have converted to reading the newspaper digitally (sorry, Dad) I have stacks of magazines and books that I am forever working through.

17. I set up the **coffee** maker the night before. That first morning cup *matters*!

18. A boisterous **dinner gathering** is one of my happy places.

19. That's something I learned from **my family,** including those who are no longer with us.

20. My husband, **John,** makes sure I don't take life too seriously. Fun is essential.

Join me: write a grateful list of your own. Intentionally counting what you love, big and small, is an easy way to start 2020 full of joy. Cheers!

Jessie Price
editor@eatingwell.com
@jessieeatswell

Hover your phone's camera over this smart code to follow me—and Foxy Leroux—on Instagram.

BRETT SIMISON

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WHAT'S TRENDING ON

EatingWell.com

1 **Mediterranean Diet Challenge** Join us for 30 days of healthy meals like Slow-Cooker Mediterranean Stew *(right)* and Mediterranean Spinach-Stuffed Chicken Breasts. *EatingWell.com/MediterraneanChallenge*

2 **Super Bowl Favorites** Get our next-level game-day recipes including Air-Fryer Jalapeño Poppers, Soy-Lime Baked Buffalo Wings and Avocado Fries with Sriracha Aioli. *EatingWell.com/SuperBowl*

3 **The 5 Best Exercises to Help You Lose Weight** See which workouts can really fast-track results, according to science. *EatingWell.com/BestExercises*

WE ASKED YOU:

What dish says LOVE to you?

Mac and cheese—the real deal with real cheese and milk, and a lot of love! *—lizclong07*

My **homemade sourdough bread** speaks to my teenage son's soul. *—art_stf*

Pho...so many ingredients, so much time, so much love. *—lindacandels*

Raisin oatmeal cookies comfort me and my family and friends too! I've made them since I was little and I'm 72! *—gagaroxxo*

My mom's paella: *¡delicioso!* *—spanish_punky*

I'm Italian so **homemade pizza** says it for me. There's so much that goes into our family recipe—especially making the dough. It's an all-day process. *—ms_tort6*

CLOCKWISE FROM TOP: GREG DUPREE; COURTESY MELISSA COULIER; @NOM_LIFE; @2FOODTRIPPERS

GOOD-LIFE GURUS: VALENTINE'S EDITION

These pairs turned their favorite things—traveling and eating—into full-time jobs.

@2foodtrippers
Follow Daryl and Mindi Hirsch on Instagram to see what dishes these globe-trotters are sampling, from street food in Shanghai to haute cuisine hot spots in Paris and everything in between. They also share sweet selfies (*above, with wheels of Parm in Italy*).

@nom_life
Ewa and Jeromy Ko met while working at a Chinese restaurant. Now they share snapshots from the other side of the kitchen on their glamorous (yet approachable) feed. Think: hot travel destinations, cool cocktails and lots of saucy noodles and steamy dumplings.

"Scrambled eggs and caviar. When my husband makes this for me on special occasions, the word LOVE comes to mind."

—Candace Cameron Bure, star of *Fuller House* and author of the new children's book *Grow, Candace, Grow*

What are you looking forward to planting in your garden this spring?
Hover your phone's camera over this code to answer for an upcoming issue.

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LOVE YOUR VEGGIES ALL DAY.

RISE & SHINE WITH VEGGIE HASH BROWNS

Start your day off on the right foot with easy-to-make Avocado Veggie Hash Browns Toast.

INGREDIENTS

1 package **Green Giant® Veggie Hash Browns Cauliflower,** prepared according to package directions
1 large avocado, lightly mashed
2 tablespoons Spice Islands® Everything Bagel Seasoning

DIRECTIONS

Evenly top Green Giant® Veggie Hash Browns Cauliflower with avocado and Spice Islands® Everything Bagel Seasoning.

MAKE YOUR CO-WORKERS JEALOUS WITH A VEGGIE-PACKED LUNCH

A twist on the classic Greek salad, this recipe for Greek Zucchini Spirals will have you saying "Opa!"

INGREDIENTS

1 (12-ounce) package **Green Giant Veggie Spirals® Zucchini**
1 tablespoon olive oil
2 cloves garlic, chopped
1 cup cherry tomatoes, halved
½ cup pitted Kalamata olives, drained
⅓ cup crumbled feta cheese

DIRECTIONS

1. Cook Green Giant Veggie Spirals® Zucchini according to package directions; drain well and keep warm.
2. Heat a medium nonstick skillet over medium heat. Add oil and garlic; cook until fragrant and soft, 1 to 2 minutes.
3. Add tomatoes and olives; cook until the tomato skins just begin to wrinkle, 4 to 5 minutes.
4. Add the well-drained zucchini spirals and toss all the ingredients together until combined. Transfer to a serving dish and top with feta cheese. Serve hot.

SAY CIAO TO CAULIFLOWER GNOCCHI MADE IN ITALY

Try this Green Giant™ Cauliflower Gnocchi Cauliflower & Spinach with Mushroom Bolognese for a tasty vegetarian dinner.

INGREDIENTS

1 (10-ounce) package **Green Giant™ Cauliflower Gnocchi Cauliflower & Spinach**
1 tablespoon olive oil
1 small onion, chopped
4 cups chopped fresh mushrooms (we used white, baby bella and shiitake)
2 cloves garlic, chopped
1 cup Victoria® Marinara Sauce
2 tablespoons heavy cream
1 tablespoon chopped fresh thyme

DIRECTIONS

1. Cook gnocchi according to package directions; drain well.
2. Meanwhile, heat oil in a nonstick skillet over medium heat and add onion. Cook until tender, about 4 minutes. Add mushrooms and garlic; cook, stirring occasionally, until the mushrooms are tender, about 5 minutes.
3. Stir in marinara sauce and bring to a boil. Simmer 3 minutes. Stir in cream and thyme. Add gnocchi to the skillet and cook 2 minutes, stirring frequently.

Visit **GREENGIANT.COM** for more ways to love your veggies all day.

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DINNER TONIGHT

16 EASY HEALTHY RECIPES

Fully Loaded

Slow-Cooker Potato Soup

ACTIVE: 15 min **TOTAL:** 4¼ hrs on High or 8¼ hrs on Low (or see Stovetop Variation)
EQUIPMENT: 6-qt. slow cooker
Be sure to use waxy potatoes, such as red or Yukon Gold. The result will be creamier than if you use starchy varieties like russets.

- **3 pounds waxy potatoes, cut into 1- to 2-inch chunks**
- **1 medium onion, chopped**
- **2 cloves garlic, chopped**
- **1½ teaspoons salt**
- **1 teaspoon chopped fresh thyme**
- **½ teaspoon ground pepper**
- **4 cups no-chicken broth *or* vegetable broth**
- **1½-2 cups light cream**

1. Combine potatoes, onion, garlic, salt, thyme, pepper and broth in a 6-quart slow cooker. Cook on High for 4 hours or on Low for 8 hours.
2. Add 1½ cups cream and blend the soup with an immersion blender (or in batches in a regular blender) until smooth. If the soup is too thick, add the remaining ½ cup cream. Serve with desired toppings.
SERVES 10: generous 1 cup each
Cal 183 **Fat** 7g (sat 4g) **Chol** 21mg **Carbs** 27g **Total sugars** 3g (added 0g) **Protein** 4g **Fiber** 3g **Sodium** 439mg **Potassium** 648mg.

GO TACO:
Pico de gallo
Tortilla strips
Sliced jalapeños
Crumbled cotija cheese

MAKE IT ALFREDO:
Sun-dried tomatoes
Chopped cooked chicken
Chopped cooked broccoli
Shredded Parmesan cheese

TRY PIZZA:
Pesto
Marinara sauce
Diced pepperoni
Shredded mozzarella cheese

STOVETOP VARIATION: Heat 2 Tbsp. extra-virgin olive oil in a large pot over medium-high heat. Add onion and cook until starting to soften, about 3 minutes. Add garlic, salt, thyme and pepper and cook, stirring, until fragrant, about 1 minute. Add potatoes and broth. Bring to a boil. Reduce heat, cover and simmer until the potatoes are tender, about 15 minutes. Continue with Step 2.

RECIPE BY CAROLYN MALCOLM

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Parchment Packet Baked Tuna with Creamy Dijon-Turmeric Sauce

ACTIVE: 20 min **TOTAL:** 30 min
EQUIPMENT: Parchment paper or Reynolds pre-cut parchment sheets

Baking fish and vegetables in packets helps create steam that perfectly cooks this dish while keeping it moist. Plus, it's a fun presentation.

- **¼ cup mayonnaise**
- **1 tablespoon chopped fresh parsley**
- **2 teaspoons Dijon mustard**
- **1 teaspoon honey**
- **½ teaspoon ground turmeric**
- **2 cups thinly sliced Yukon Gold potatoes (about ⅛-inch)**
- **½ teaspoon salt, divided**
- **⅛ teaspoon ground pepper, plus ¼ teaspoon, divided**
- **4 cups chopped kale**
- **1¼ pounds tuna (about 1 inch thick), cut into 4 pieces**

1. Preheat oven to 450°F. Cut 4 large sheets of parchment paper, each about 16 by 12 inches (or use pre-cut parchment sheets).

2. Combine mayonnaise, parsley, mustard, honey and turmeric in a small bowl.

3. To make packets, lay the parchment sheets on a work surface with the long sides closest to you. Fold each in half (bringing the short sides together), then open. Place ½ cup potatoes on one side of each piece of parchment and sprinkle with ¼ teaspoon salt and ⅛ teaspoon pepper. Top each with 1 cup of kale and a piece of tuna. Sprinkle the tuna with the remaining ¼ teaspoon each salt and pepper. Brush with the mayonnaise mixture. Close the packets and seal the edges with small, tight folds. Place the packets on a large baking sheet.

4. Bake until the fish is just cooked through, 10 to 15 minutes. (Carefully open one packet to check for doneness—be cautious of the steam.) Set each packet on its own plate. Let stand for 3 minutes. Cut an X in the top of each packet with scissors and carefully fold open to serve.

SERVES 4: 1 packet each
Cal 312 **Fat** 11g (sat 2g) **Chol** 61mg **Carbs** 14g **Total sugars** 2g (added 1g) **Protein** 36g **Fiber** 2g **Sodium** 512mg **Potassium** 901mg.

COZI

Get *EatingWell* recipes for easy weeknight & 20-minute mains in Cozi, a free meal-planning & organizing app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

REC PE BY BREANA K LEEN

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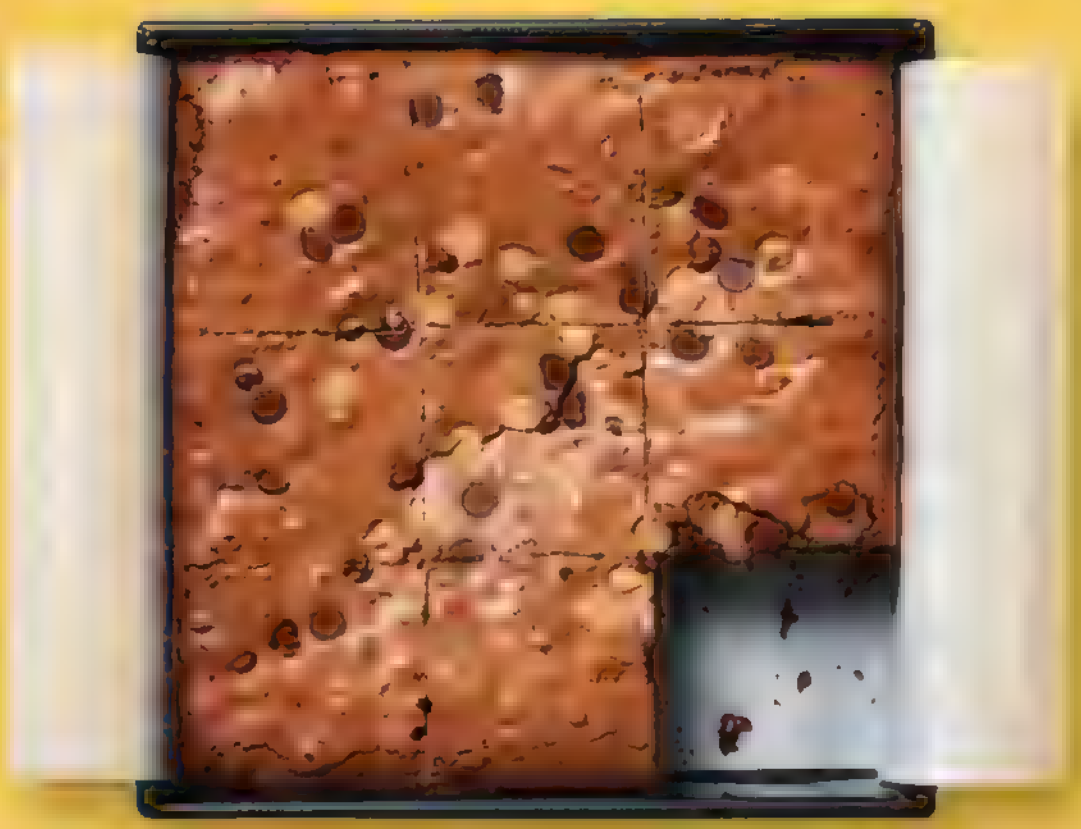

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Spaghetti Squash Casserole

ACTIVE: 25 min **TOTAL:** 40 min

Strands of tender squash replace pasta for a more flavorful version of spaghetti pie. A sprinkling of nutty fontina cheese melts into a gooey topping.

- **1 2½- to 3-pound spaghetti squash, cut in half lengthwise, seeds removed**
- **2 tablespoons water**
- **1 pound lean ground beef**
- **1 medium shallot, sliced**
- **2 cloves garlic, minced**
- **1½ teaspoons Italian seasoning**
- **½ teaspoon plus ⅛ teaspoon salt**
- **½ teaspoon ground pepper**
- **1 28-ounce can no-salt-added crushed tomatoes**
- **1 cup shredded fontina cheese**
- **Fresh basil for garnish**

1. Preheat oven to 400°F.

2. Place squash, cut-side down, in a microwave-safe dish; add water. Microwave, uncovered, on High until tender, about 10 minutes. *(Alternatively, place squash halves cut-side down on a rimmed baking sheet. Bake at 400°F until tender, 40 to 50 minutes.)*

3. Meanwhile, cook ground beef in a large ovenproof skillet over medium-high heat, breaking it up with a wooden spoon, until no longer pink, 5 to 7 minutes. Add shallot, garlic, Italian seasoning, salt and pepper and cook, stirring, for 1 minute. Stir in tomatoes and bring to a boil. Reduce heat to maintain a simmer.

4. Use a fork to scrape the squash flesh from the shells into the sauce; stir to combine. Top with cheese. Transfer the pan to the oven and bake until bubbling, about 15 minutes. Let stand for 5 minutes. Serve sprinkled with basil, if desired.

SERVES 4: 1½ cups each
Cal 470 **Fat** 20g (sat 9g) **Chol** 118mg
Carbs 28g **Total sugars** 13g (added 0g)
Protein 43g **Fiber** 7g **Sodium** 719mg
Potassium 1,299mg.

SQUASH SMARTS

Going veggie with the "spaghetti" for this cheesy pie saves more than 150 calories per serving compared to a traditional recipe.

RECIPE BY DEVON O'BRIEN

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Chicken Tagine with Apricots & Olives

ACTIVE: 30 min **TOTAL:** 40 min

This chicken stew is full of warming, spicy flavor thanks to ras el hanout, an aromatic Moroccan spice blend. You can find it in well-stocked grocery stores or substitute ½ tsp. each ground cumin and ginger and ¼ tsp. each ground cinnamon, coriander and allspice.

- **2 tablespoons extra-virgin olive oil, divided**
- **1 pound boneless, skinless chicken thighs, trimmed and cut into 1-inch pieces**
- **½ teaspoon salt, divided**
- **1 large onion, chopped**
- **1 lemon, zested and juiced, divided**
- **1 tablespoon minced garlic**
- **1 tablespoon grated fresh ginger**
- **1 tablespoon tomato paste**
- **2 teaspoons ras el hanout**
- **2 cups unsalted chicken broth**
- **1 15-ounce can no-salt-added chickpeas, rinsed**
- **½ cup chopped dried apricots**
- **½ cup pitted green olives, halved**
- **½ cup toasted slivered almonds, divided**
- **Fresh cilantro for garnish**

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add chicken and season with ¼ teaspoon salt. Cook, stirring occasionally, until lightly browned on all sides, about 5 minutes. Using a slotted spoon, transfer the chicken to a clean plate.

2. Add the remaining 1 tablespoon oil and onion to the pan. Cook, stirring occasionally and scraping up any browned bits, until the onion is soft and lightly browned, about 4 minutes. Stir in lemon zest, garlic, ginger, tomato paste and ras el hanout. Cook, stirring, until fragrant, about 30 seconds. Stir in broth, chickpeas, apricots, olives, ¼ cup almonds and the chicken. Bring to a simmer and cook, stirring occasionally, until the chicken is cooked through and the sauce has thickened slightly, about 8 minutes.

3. Remove from heat and stir in lemon juice and the remaining ¼ teaspoon salt. Serve topped with the remaining ¼ cup almonds and cilantro, if desired.

SERVES 6: generous 1 cup each
Cal 344 **Fat** 17g (sat 3g) **Chol** 50mg
Carbs 27g **Total sugars** 11g (added 0g)
Protein 22g **Fiber** 6g **Sodium** 473mg
Potassium 579mg.

RECIPE BY BRIANA KILLEEN

YOU & ALMONDS

VS. NOT FORGETTING YOUR RESOLUTIONS BY FEBRUARY

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POWDER POWER
With the consistency of flour, peanut butter powder helps bind this veggie burger so it doesn't fall apart. It's made from roasted and pressed peanuts. As with peanut butter, look for a brand with little or no added sugar.

Edamame-Burger Lettuce Wraps with Peanut Sauce

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Prepare burgers (Steps 1-2) and refrigerate for up to 1 day before cooking.
Edamame make these veggie burgers mean, green protein machines. Peanut sauce, curry paste and quick-pickled carrots give them Thai-inspired flair.

- **1 cup julienned carrots**
- **3 tablespoons lime juice, divided**
- **2 teaspoons chile-garlic sauce, divided**
- **1½ cups frozen shelled edamame, thawed**
- **1 cup cooked brown rice**
- **½ cup peanut butter powder *(see Tip)* or ¼ cup natural peanut butter, divided**
- **¼ cup chopped scallions**
- **1 tablespoon red Thai curry paste**
- **3 tablespoons peanut oil, divided**
- **2 tablespoons reduced-sodium tamari, divided**
- **4 leaves Bibb lettuce**
- **1 cup thinly sliced red onion**

1. Toss carrots with 2 tablespoons lime juice and 1 teaspoon chile-garlic sauce. Set aside.
2. Combine edamame, rice, ¼ cup peanut butter powder (or 2 tablespoons peanut butter), scallions, curry paste and 1 tablespoon each oil and tamari in a food processor. Pulse, scraping down the sides as needed, until coarsely chopped. Shape the mixture into four 4-inch-wide burgers.
3. Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium heat. Add the burgers and cook, turning once, until well browned, 3 to 4 minutes per side. Transfer to a plate.
4. Meanwhile, whisk the remaining ¼ cup peanut butter powder (or 2 tablespoons peanut butter), 1 tablespoon each lime juice and tamari and 1 teaspoon chile-garlic sauce in a small bowl until smooth.
5. Drain the carrots and add the marinade to the peanut sauce; whisk to combine. Serve the burgers in lettuce leaves with the carrots, the sauce and onion.

SERVES 4: 1 burger wrap & generous 1 Tbsp. sauce
Cal 310 **Fat** 15g (sat 2g) **Chol** 0mg **Carbs** 32g **Total sugars** 5g (added 0g) **Protein** 15g **Fiber** 8g **Sodium** 793mg **Potassium** 473mg.

Hover your phone's camera over this smart code for more lettuce wrap recipes.

ILLUSTRATION BY KATIE LUKES. RECIPE BY ADAM DOLGE

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Tomato & White Bean Soup with Shrimp

ACTIVE: 25 min **TOTAL:** 45 min

With capers and olives, this soup draws inspiration from Italian puttanesca sauce. Serve with whole-grain crusty bread to soak up the broth.

- **3 tablespoons extra-virgin olive oil**
- **1 pound raw shrimp (26-30 per pound), peeled and deveined**
- **1 teaspoon ancho chile powder**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 medium onion, diced**
- **3 cloves garlic, minced**
- **¼ teaspoon crushed red pepper**
- **1 28-ounce can no-salt-added whole peeled tomatoes**
- **2 cups unsalted chicken broth**
- **1 14-ounce can no-salt-added white beans**
- **2 ounces small whole-wheat pasta, such as orzo**
- **¼ cup pitted Kalamata olives, chopped**
- **2 tablespoons capers, rinsed and chopped**
- **Chopped fresh parsley for garnish**

1. Heat oil in a large pot over medium-high heat. Add shrimp and sprinkle with chile powder and ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until just cooked through, about 3 minutes. Remove with a slotted spoon to a clean plate.

2. Add onion and the remaining ¼ teaspoon each salt and pepper to the pan. Cook, stirring often, until translucent, 3 to 4 minutes. Stir in garlic and crushed red pepper and cook until fragrant, about 30 seconds. Add tomatoes and broth and bring to a boil. Adjust heat to maintain a simmer, cover and cook for 10 minutes.

3. Roughly mash the tomatoes with a potato masher, leaving some chunks. Stir in beans and mash some, leaving most whole. Return to a boil over high heat. Add pasta and cook, uncovered and stirring occasionally, until the pasta is just tender, 8 to 10 minutes.

4. Stir in the shrimp, olives and capers. Serve the soup topped with parsley, if desired.

SERVES 6: 1¼ cups each

Cal 266 **Fat** 11g (sat 2g) **Chol** 90mg **Carbs** 23g **Total sugars** 3g (added 0g) **Protein** 19g **Fiber** 5g **Sodium** 496mg **Potassium** 619mg.

MIGHTY MICROBIOME

The white beans in this soup give it a boost of fiber for a filling meal that also helps feed the good bacteria in your gut.

RECIPE BY ADAM DOLGE

Cauliflower Nachos with Chicken

ACTIVE: 40 min **TOTAL:** 40 min

Swapping in tender-crisp cauliflower slices for chips ups your veggie servings for the day.

- 3 tablespoons grapeseed oil *or* avocado oil
- ¾ teaspoon chili powder
- ¾ teaspoon ground cumin
- ¾ teaspoon onion powder
- ¼ teaspoon salt, divided
- 8 cups large cauliflower florets, cut into ½-inch-thick slices
- 1 cup chopped tomato
- 1 avocado, diced
- ¼ cup chopped fresh cilantro
- 2 tablespoons pickled jalapeño peppers *or* fresh jalapeño pepper slices
- 2 tablespoons finely chopped red onion
- ¾ cup canned reduced-sodium refried black beans
- 2 cups shredded cooked chicken
- ¾ cup shredded Mexican cheese blend
- ¾ cup finely shredded cabbage

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray.

2. Combine oil, chili powder, cumin, onion powder and ⅛ teaspoon salt in a large bowl. Add cauliflower and gently toss to coat. Spread the cauliflower in a single layer on the prepared pan. Bake until tender and starting to brown, 15 to 20 minutes.

3. Meanwhile, combine tomato, avocado, cilantro, jalapeños, onion and the remaining ⅛ teaspoon salt in a small bowl.

4. Top the cauliflower with beans, chicken and cheese. Bake until the cheese is melted, about 5 minutes.

5. Serve the "nachos" topped with the salsa and cabbage.

SERVES 4: 2 cups each

Cal 487 **Fat** 28g (sat 7g) **Chol** 79mg **Carbs** 27g **Total sugars** 7g (added 0g) **Protein** 36g **Fiber** 11g **Sodium** 484mg **Potassium** 1,238mg.

Hover your phone's camera over the smart code to rate and review this recipe.

RIFF IT
TURN IT INTO TACOS
Simply pile the topped "nachos" into corn tortillas—they already have all the fixings you need.
BRUSH ON SOME BBQ
Brush the cauliflower with ½ cup barbecue sauce in Step 2 instead of seasoning it with spices.
MAKE IT MEATLESS
Swap out the chicken for smoked tofu for a hit of plant-based protein.

ILLUSTRATIONS BY KATIE LUKES, RECIPE BY BREANA KILLEEN

PICKY EATERS EDITION

Charred Broccoli with Smoky Yogurt Sauce

ACTIVE: 25 min **TOTAL:** 25 min

Blanching broccoli before charring ensures it is tender all the way through, helping it crisp up quickly in a very hot pan. Firing up the grill? Cook the blanched broccoli in a grill basket over medium-high heat instead.

- **6 cups broccoli florets**
- **1 lemon**
- **1 tablespoon extra-virgin olive oil**
- **½ teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **¾ cup whole-milk plain Greek yogurt**
- **½ teaspoon ground cumin**
- **½ teaspoon smoked paprika**

1. Set a bowl of ice water by the stove. Bring a large pot of water to a boil; add broccoli and cook until bright green and almost tender, about 1 minute. Using a slotted spoon, transfer the broccoli to the ice water. Drain and pat dry.
2. Grate 1 teaspoon zest from lemon, then cut it in half. Heat a grill pan over medium-high heat. Add the lemon halves, cut-side down, and cook until lightly charred, about 4 minutes. Transfer to a plate. Add the broccoli to the pan and cook, stirring once, until lightly charred, about 5 minutes. Transfer to a medium bowl; toss with oil, ¼ teaspoon salt and pepper.
3. Juice 1 lemon half into a small bowl. Stir in the zest, yogurt, cumin, paprika and the remaining ¼ teaspoon salt. Serve the broccoli with the yogurt sauce and the remaining lemon.

SERVES 4: 1 cup broccoli & 3 Tbsp. sauce each
Cal 115 **Fat** 6g (sat 2g) **Chol** 6mg **Carbs** 11g **Total sugars** 4g (added 0g) **Protein** 8g **Fiber** 4g **Sodium** 338mg **Potassium** 461mg.

Caramelized Onion & Butternut Squash Dip

ACTIVE: 15 min **TOTAL:** 2½ hrs (including chilling time)

Sweet squash gives French onion dip a colorful nutrition boost (namely, vitamins A and E). Serve with chips and crunchy crudités.

- **2 tablespoons extra-virgin olive oil**
- **2 large sweet onions, thinly sliced**
- **1 12-ounce package frozen cooked winter squash puree, thawed and drained**
- **1 cup sour cream**
- **1 tablespoon nutritional yeast**
- **1 tablespoon sherry vinegar**
- **¾ teaspoon salt**
- **Chopped fresh chives for garnish**

Heat oil in a large saucepan over medium heat. Add onions; cover and cook, stirring occasionally, until browned and tender, 20 to 30 minutes. Coarsely chop the onions. Combine with squash, sour cream, yeast, vinegar and salt in a medium bowl. Refrigerate until cold, about 2 hours. Serve topped with chives, if desired.

SERVES 12: ⅓ cup each
Cal 83 **Fat** 5g (sat 2g) **Chol** 9mg **Carbs** 8g **Total sugars** 4g (added 0g) **Protein** 1g **Fiber** 1g **Sodium** 156mg **Potassium** 153mg.

RECIPES BY DEVON O'BRIEN, BREANA KILEEN

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FIBER FORWARD
Made with rye, oats and wheat, Fitness Bread has triple the fiber and half the sugar of traditional whole-wheat bread. Look for it at the grocery store, presliced, in a vacuum-sealed package in the bread or cracker aisle.

Smørrebrød with Herring, Beets & Arugula

ACTIVE: 20 min **TOTAL:** 20 min

Smoked salmon isn't the only flaky fish made for breakfast breads. This pickled herring arrangement is delicious with all the fixings. Or lay the ingredients out on a board and let everyone top their own!

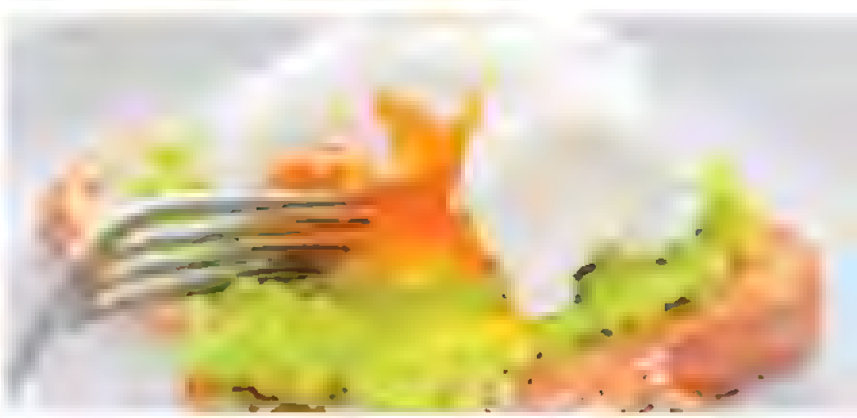
- ½ cup whole-milk plain Greek yogurt
- 2 teaspoons chopped fresh dill, plus more for garnish
- 4 slices German-style whole-meal bread *(see Tip)*, such as Mestemacher Fitness Bread, toasted
- 1 cup baby arugula
- 1 cup sliced cooked beets
- 1½ ounces pickled *or* smoked herring *or* smoked trout, flaked
- 2 hard-boiled large eggs, quartered
- ¼ cup thinly sliced red onion
- ⅛ teaspoon ground pepper

Combine yogurt and dill in a small bowl. Spread the yogurt on toast and top with arugula, beets, fish, egg slices, onion and pepper. Garnish with more dill, if desired.

SERVES 4: 1 toast each

Cal 224 **Fat** 5g (sat 2g) **Chol** 92mg **Carbs** 31g **Total sugars** 6g (added 0g) **Protein** 12g **Fiber** 7g **Sodium** 488mg **Potassium** 268mg.

ILLUSTRATION BY KATIE LUKES RECIPE BY BREANA K. LEEN



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Antipasto Smothered Chicken

ACTIVE: 20 min **TOTAL:** 20 min

We like the touch of heat that pepperoncini give to this briny chicken, but if you really want to turn up the spiciness, swap them for hot cherry peppers.

- **3 tablespoons extra-virgin olive oil, divided**
- **⅓ cup chopped marinated artichoke hearts**
- **⅓ cup chopped salami**
- **¼ cup chopped pepperoncini**
- **2 tablespoons red-wine vinegar**
- **1 tablespoon chopped fresh oregano, plus more for garnish**
- **1 pound chicken cutlets**
- **½ teaspoon ground pepper**
- **2 ounces fresh mozzarella cheese, thinly sliced**

1. Preheat broiler to high.

2. Mix 2 tablespoons oil, artichoke hearts, salami, pepperoncini, vinegar and oregano in a medium bowl.

3. Heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Sprinkle chicken with pepper and add to the pan. Cook until starting to brown, about 3 minutes. Turn the chicken over and top each piece with the artichoke mixture and cheese. Transfer the pan to the oven and broil the chicken until the cheese is browned and an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 3 to 4 minutes more. Serve the chicken with any pan drippings and oregano, if desired.

SERVES 4: 3 oz. chicken & ¼ cup topping each
Cal 303 **Fat** 20g (sat 5g) **Chol** 82mg **Carbs** 3g **Total sugars** 0g (added 0g) **Protein** 28g **Fiber** 1g **Sodium** 476mg **Potassium** 263mg.

RECIPE BY ADAM DOLGE

ECZEMA: UNDER CONTROL. SO ROLL UP THOSE SLEEVES.

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INDICATION

DUPIXENT is a prescription medicine used to treat people 12 years of age and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you: have eye problems; have a parasitic (helminth) infection; are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back; are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT; are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby; are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. If you are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.

Please see Brief Summary on next page.

SANOFI GENZYME REGENERON

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Brief Summary of Important Patient Information about DUPIXENT® (dupilumab) Rx Only
(DU-pix'-ent)
injection, for subcutaneous use

What is DUPIXENT?

- DUPIXENT is a prescription medicine used:
  - to treat people aged 12 years and older with moderate-to-severe atopic dermatitis (eczema) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids.
- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 12 years of age.

Who should not use DUPIXENT?

Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems
- have a parasitic (helminth) infection
- are taking oral, topical, or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.

  Pregnancy Registry. There is a pregnancy registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about your health and your baby's health. You can talk to your healthcare provider or contact 1-877-311-8972 or go to https://mothertobaby.org/ongoing-study/dupixent/ to enroll in this registry or get more information.

- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements. If you have asthma and are taking asthma medicines, do not change or stop your asthma medicine without talking to your healthcare provider.

How should I use DUPIXENT?

- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult.
- If you miss a dose of DUPIXENT, give the injection within 7 days from the missed dose, then continue with the original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?

DUPIXENT can cause serious side effects, including:

- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Eye and eyelid inflammation, including redness, swelling and itching have been seen in patients who have atopic dermatitis. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.

This is a summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.

For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?

Active ingredient: dupilumab

Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: June 2019

Sesame-Crusted Pork with Sweet & Sour Sauce

ACTIVE: 15 min **TOTAL:** 15 min

You'll recognize the classic Chinese flavor pairing of sesame, soy and white pepper on these pork chops. White pepper is more mild and earthy than black pepper, but either will work here.

- **1 pound thin, boneless pork chops, trimmed**
- **¼ teaspoon salt**
- **¼ teaspoon ground white pepper**
- **½ cup sesame seeds**
- **2 tablespoons peanut oil**
- **3 tablespoons apricot jam**
- **2 tablespoons low-sodium tamari *or* reduced-sodium soy sauce**
- **Sliced scallions for garnish**

1. Sprinkle pork with salt and white pepper. Place sesame seeds in a shallow dish and dredge the pork in them, pressing to help them adhere.

2. Heat oil in a large skillet over medium-high heat. Add the pork and cook, turning once, until browned and an instant-read thermometer inserted in the thickest part registers 145°F, 6 to 8 minutes total.

3. Meanwhile, combine jam and tamari (or soy sauce) in a small saucepan. Bring to a simmer over medium-high heat and cook until darkened and slightly thickened, 2 to 3 minutes. Serve the pork with the sauce, garnished with scallions, if desired.

SERVES 4: 3 oz. pork & 1 Tbsp. sauce each
Cal 414 **Fat** 27g (sat 6g) **Chol** 68mg **Carbs** 13g **Total sugars** 9g (added 9g) **Protein** 29g **Fiber** 2g **Sodium** 607mg **Potassium** 332mg.

RECIPE BY CAROLYN MALCOUN

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Salmon with Roasted Red Pepper Quinoa Salad

ACTIVE: 15 min **TOTAL:** 15 min

The quinoa salad here is delicious all on its own. Make a double batch for lunches later in the week.

- **3 tablespoons extra-virgin olive oil, divided**
- **1¼ pounds skin-on salmon, preferably wild, cut into 4 portions**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 tablespoons red-wine vinegar**
- **1 clove garlic, grated**
- **2 cups cooked quinoa *(see Tip)***
- **1 cup chopped roasted red bell peppers (from a 12-ounce jar), rinsed**
- **¼ cup chopped fresh cilantro**
- **¼ cup chopped toasted pistachios**

1. Heat 1 tablespoon oil in a large nonstick or cast-iron skillet over medium-high heat. Pat salmon dry and sprinkle the flesh with ¼ teaspoon each salt and pepper. Add to the pan, skin-side up, and cook until lightly browned, 3 to 4 minutes. Turn and cook until it's just cooked through and flakes easily with a fork, 1 to 2 minutes more. Transfer to a plate.

2. Meanwhile, whisk the remaining 2 tablespoons oil, ¼ teaspoon each salt and pepper, vinegar and garlic in a medium bowl. Add quinoa, peppers, cilantro and pistachios; toss to combine. Serve the salmon with the salad.

SERVES 4: 4 oz. salmon & ¾ cup salad
Cal 481 **Fat** 21g (sat 3g) **Chol** 66mg **Carbs** 31g **Total sugars** 1g (added 0g) **Protein** 36g **Fiber** 4g **Sodium** 707mg **Potassium** 774mg.

KEEN ON QUINOA

Keep a package of frozen cooked quinoa on hand to add whole grains to dinner in a flash. Shelf-stable packets are a great choice, too, but tend to be higher in sodium, so check the label if that's a concern for you.

RECIPE BY ADAM DOLGE

Tangy citrus and spicy jalapeños

create the kind of tension you can cut with a pizza wheel

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Curds & Whey

Let your kids take a turn at cheesemaking with these three simple steps. **By Joy Howard**

HEAT

Sustained heat starts the process of pulling the milk's whey and casein proteins out of their typical structure so that they can clump together (aka coagulate) to form a network of curds.

ADD ACID

Lemon juice pushes along the process the heat started. It makes the web of whey and casein proteins even bigger, resulting in more curds.

DRAIN

As the mixture cools in a colander, any whey that didn't curdle drains out. The longer it drains, the thicker the ricotta. (If you want, collect the drained whey and add it to smoothies.)

Pasta with Homemade Ricotta & Roasted Broccoli

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate ricotta (Steps 1-5) for up to 3 days.

EQUIPMENT: Instant-read or candy thermometer, cheesecloth

For the creamiest texture and freshest flavor, make homemade ricotta. It's a simple 3-step process that makes ready-to-eat cheese in under an hour. Check your label: milk that has been ultra-high-temperature pasteurized (or ultra-pasteurized) won't work here.

- **5 cups whole milk**
- **¾ cup heavy cream**
- **1½ teaspoons kosher salt, divided**
- **1 teaspoon lemon zest**
- **¼ cup lemon juice**
- **8 cups broccoli florets**
- **2 cloves garlic, sliced**
- **2 tablespoons extra-virgin olive oil, divided**
- **8 ounces whole-wheat pasta**
- **¼ teaspoon ground pepper**
- **¼ cup grated Parmesan cheese**

1. Preheat oven to 425°F. Put a large pot of water on to boil.

2. KIDS DO Combine milk, cream and ¾ teaspoon salt in a large heavy-bottomed pot.

3. Heat the milk mixture over medium-high heat, stirring occasionally, until it reaches 185°F, 12 to 15 minutes. Stir in lemon juice and cook, without stirring, until the temperature is between 190°F and 195°F, about 1 minute more. Remove from heat and let stand for 10 minutes.

4. KIDS DO Line a large colander with 3 layers of cheesecloth and set it in the sink.

5. Pour the milk mixture into the prepared colander and let the ricotta drain.

6. KIDS DO Meanwhile, toss broccoli, garlic and 1 tablespoon oil in a large bowl. Transfer to a rimmed baking sheet.

7. Roast, stirring once, until tender-crisp, about 12 minutes. Return to the bowl.

8. Cook pasta according to package directions; drain. Add the pasta to the broccoli along with the remaining 1 tablespoon oil and ¾ teaspoon salt and pepper and gently toss. Serve dolloped with the ricotta and topped with Parmesan and lemon zest.

SERVES 6: 1½ cups each

Cal 364 **Fat** 18g (sat 8g) **Chol** 45mg **Carbs** 37g **Total sugars** 3g (added 0g) **Protein** 18g **Fiber** 6g **Sodium** 398mg **Potassium** 581mg.

INSET: BRETT SIMPSON

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Chef Cara Chigazola Tobin

Honey Road
Burlington, Vermont

Tobin blends her California upbringing and love of Middle Eastern flavors to make dishes like variations of this kale salad at her restaurant. The 2018 James Beard Award semifinalist never planned for this salad to be a mainstay on the menu but says, "I think at this point people would boycott the restaurant if I took it off."

Kale, Pear & Feta Salad

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Store seeds airtight at room temperature and refrigerate dressing for up to 1 day.

The crunchy seed topping on this salad is the perfect textural juxtaposition to a creamy dressing, soft pears and tender massaged kale. Tossing it all with mint, feta and red onion gives it the Middle Eastern flair that Tobin is known for.

- **¼ cup pepitas**
- **¼ cup sesame seeds**
- **¼ cup sunflower seeds**
- **1½ teaspoons extra-virgin olive oil**
- **½ teaspoon kosher salt, divided**
- **¼ cup whole-milk plain Greek yogurt**
- **2 tablespoons tahini**
- **1 tablespoon water**
- **1½ teaspoons cider vinegar**
- **1 teaspoon lemon juice**
- **10 cups torn stemmed kale leaves (from 2 bunches)**
- **1 ripe pear, thinly sliced**
- **¼ medium red onion, thinly sliced**
- **1 cup fresh mint, divided**
- **½ cup crumbled feta cheese**

1. Preheat oven to 325°F.
2. Spread pepitas, sesame seeds and sunflower seeds on a rimmed baking sheet. Bake, stirring once, until lightly toasted, about 10 minutes. Immediately scrape the seeds into a medium bowl and toss with oil and ⅛ teaspoon salt. Let cool to room temperature, 10 to 15 minutes.
3. Meanwhile, whisk yogurt, tahini, water, vinegar, lemon juice and the remaining ⅛ teaspoon salt in a large bowl. Add kale and massage with the dressing to soften the leaves. Add pear, onion and ½ cup mint and toss to combine.
4. Serve the salad topped with feta, the remaining ½ cup mint and the seeds.

SERVES 4: 2 cups each
Cal 308 **Fat** 21g (sat 5g) **Chol** 19mg **Carbs** 22g **Total sugars** 7g (added 0g) **Protein** 12g **Fiber** 8g **Sodium** 447mg **Potassium** 583mg.

INSET KRISTEN

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SweetLeaf Orange Peel Chicken Sauce

½ tsp. SweetLeaf® Liquid Stevia Valencia Orange Sweet Drops™
1 cup chicken broth
2 Tbsp. rice vinegar
1 Tbsp. Bragg's Liquid Aminos (soy sauce substitute)
½ tsp. sesame oil
½ tsp. ground ginger
¼ tsp. salt
¼ tsp. crushed red pepper flakes
2 cloves of garlic, pressed or minced
3 Tbsp. orange zest, separated
2 Tbsp. corn starch
¼ cup water
¼ cup green onions, chopped, for garnish

Full Recipe At:
sweetleaf.com/stevia-recipes/orange-peel-chicken

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Please see nutrition information on each product for omega-3 ALA content. *Supportive but not conclusive scientific evidence suggests that eating about 1 tablespoons (20.5g) daily of soybean oil, which contains unsaturated fat, may reduce the risk of coronary heart disease. To achieve this possible benefit, soybean oil is to replace saturated fat and not increase the total number of calories you eat in a day. ** I Can't Believe It's Not Butter® Original Spread contains 295 mg of omega-3 ALA per serving (18% of the 1.6g daily value.) *** 1 Tbsp: 2 g sat fat, 6 g total fat; Butter: 7 g sat fat, 11 g total fat. †Heart-Check certification does not apply to recipes unless expressly stated.

Vegetable Bourguignon

ACTIVE: 35 min **TOTAL:** 50 min

Carrots and parsnips mingle with meaty mushrooms in this vegetarian spin on the classic French beef stew. Feel free to substitute other root vegetables, such as rutabaga and turnip. Serve over whole-wheat pasta and top with chopped parsley or chives.

- **3 tablespoons butter, divided**
- **1 tablespoon extra-virgin olive oil**
- **2 stalks celery, sliced**
- **1 cup chopped parsnip (½-inch)**
- **1 cup chopped carrot (½-inch)**
- **1 pound mixed mushrooms, halved**
- **1 large shallot, minced**
- **3 cloves garlic, minced**
- **1 bay leaf**
- **½ teaspoon dried thyme**
- **¾ teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **2 tablespoons tomato paste**
- **1 tablespoon all-purpose flour**
- **1½ cups dry red wine**
- **¼ cup cognac *or* brandy**
- **1½ cups low-sodium vegetable *or* mushroom broth**
- **1½ cups frozen pearl onions, thawed**

1. Heat 2 tablespoons butter and oil in a large pot over medium-high heat. Add celery, parsnip and carrot; cook, stirring occasionally, until the vegetables start to soften, about 4 minutes. Reduce heat to medium and add mushrooms, shallot, garlic, bay leaf, thyme and ½ teaspoon each salt and pepper. Cook, stirring, until the mushrooms soften, about 5 minutes.

2. Stir in tomato paste; cook for 30 seconds. Sprinkle flour over the vegetables and cook, stirring, for 30 seconds more. Add wine and cognac (or brandy); increase heat to medium-high and cook, scraping up any browned bits, until the liquid is reduced by about half, 2 to 3 minutes.

3. Add broth and bring to a boil. Reduce heat to maintain a simmer, partially cover and cook until the vegetables are tender, about 10 minutes. Stir in pearl onions. Return to a simmer and cook, stirring occasionally, for 5 minutes.

4. Remove from heat and stir in the remaining 1 tablespoon butter and ¼ teaspoon each salt and pepper.

SERVES 5: about 1 cup each

Cal 267 **Fat** 10g (sat 5g) **Chol** 18mg **Carbs** 23g **Total sugars** 8g (added 0g) **Protein** 4g **Fiber** 4g **Sodium** 492mg **Potassium** 898mg.

RECIPE BY BREANA KILLEEN STYLING (PAGES 11 41) RISHON HANNERS (FOOD), AUDREY DAVIS (PROPS)

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GOOD LIFE

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Old Cool

Forget blue zones—enjoying bluebird days may be the secret to staying young for life. By Cari Shane

For the past 14 years, 73-year-old Walter Heske has been living his dream: wintering in Summit County, Colorado, an idyllic land of ski resorts and small towns 70 miles west of Denver. "While my friends from home are heading to warmer climes, I choose to head to the snowcapped mountains," says the Long Islander. Every January, Heske meets up with dozens of friends to kick off his 50-plus days of skiing. "My friends and I never talk aches and pains, and we're all smiles when the snow is falling."

There's a reason Heske and other self-proclaimed "true snowbirds" flock to this area: "To be active and healthy forever," says Jeanne Bell, 70, who lives in Colorado year-round and hit the slopes 101 days last season. And science shows that these seniors are on to something.

KARL WEATHERLY/GETTY IMAGES

"The first thing is to go out the door," says Summit County resident Kent Willoughby *(pictured here)*, who will be 82 in March and skins up the mountain every day. "Most people start exercising and stop—we've made it a point *not* to stop."

The Institute for Health Metrics and Evaluation, a research center at the University of Washington, reports that this area of Colorado has the highest average longevity in the U.S.—nearly 87 years.

People here age so well for several reasons. First, they're always on the go, even during the winter, when others—of any age—choose to hunker down. The research linking exercise with a longer life continues to pile up. In one study published in the *British Journal of Sports Medicine*, researchers measured the activity levels of men 71 years and older and kept tabs on them for five years. Those who accumulated 30 minutes of moderate-to-vigorous exercise every day saw their risk of early death decrease by one-third. (It's worth noting that the Summit County folks also tend not to smoke, overeat or drink heavily.)

Second, there's the social aspect. For these folks, being active is as much about the camaraderie as it is about the skiing, and research shows that people who have strong social networks have a 50% lower risk of early death. One explanation is that having supportive relationships reduces stress and the negative effects it has on heart health and immune function.

Bill Sanders, 80, regularly cross-country skis and walks with a group of buddies. He's incredulous that anyone would ask why he's so active: "Being in shape, eating well—these are things that you do if you want to feel good." And if you think it's too late to pick up a snow sport, know that Sanders started skinning when he was 78: he and his buddies ski *up* the mountain wearing special boots and bindings and skis with extra traction, climbing 2,000 feet to the top of Copper Mountain, Keystone or Arapahoe Basin in about two hours. It's a serious workout! (Sanders was already an exercise enthusiast when he took on the sport—it's important to talk to your doctor before starting any new fitness routine.)

"You know that old story about the little engine that could?" Sanders asks, laughing. "You get halfway up and it's, 'I think I can, I think I can.' And then you get closer to the top and it's, 'I know I can.' I trick myself." But the real trick, according to the seniors of Summit County, is to just keep moving.

How to Weather Winter Sports

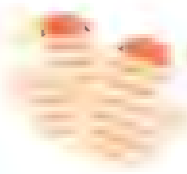
Three Colorado snow lovers share their tips

Don't wear cotton. If you perspire, it will stay wet and make you cold. Better to pick moisture-wicking materials like polyester.
—Carol Faust, 83

FAVORITE WINTER ACTIVITIES:
Downhill skiing, snowshoeing, cross-country skiing

Drink lots of water, even though you might not feel thirsty. What's helped me a lot is to get a backpack with a bladder and hose rather than a bottle, so I can sip water much more frequently instead of stopping to take a big gulp.
—Bill Sanders, 80

FAVORITE WINTER ACTIVITIES:
Skiing, both uphill (called skinning) and downhill



Invest in heated mittens and ski boots.
—Deb Stacey, 65

FAVORITE WINTER ACTIVITIES:
Downhill skiing, walking

BOB MILLER, ILLUSTRATIONS BY KATIE LUKES

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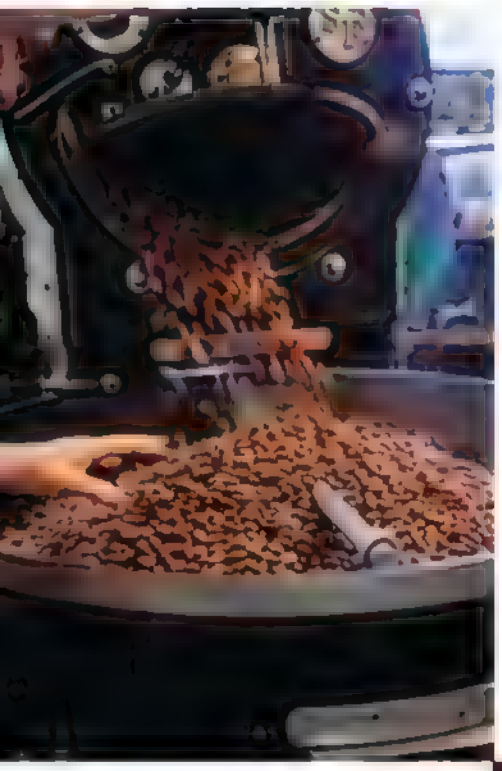
Sweets from the Source

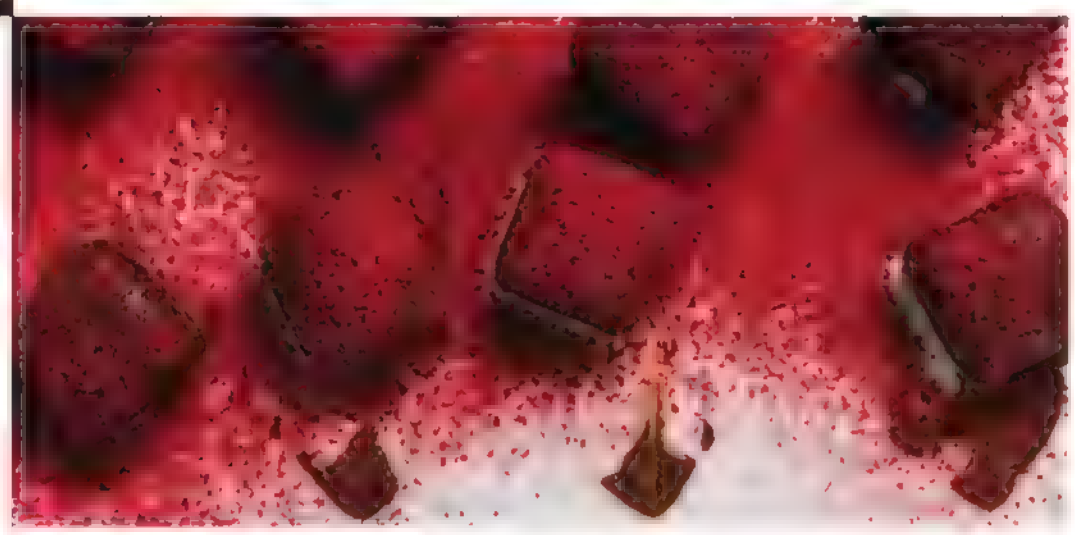
Does the standard heart-shaped box feel too cliché? Whisk your special someone away to one of these 4 chocolate factories.

By Estelle Tracy

▲ Dandelion Chocolate, San Francisco, California
Dandelion Chocolate's single-origin dark bars celebrate the beans' natural flavors, whether it's the fruity notes in the Maya Mountain sourced from southern Belize or the spicy ones in the Ben Tre from coastal Vietnam. On the tour of the Mission District factory, you can taste various steps of the chocolate journey from bean to bar—including roasted cacao beans, melty chocolate as it refines and, of course, the finished product. Then, visit Bloom, Dandelion's salon, for all kinds of chocolate noshes, both traditional sips and desserts as well as creative dishes like salad with cacao fruit vinaigrette or veggie hash topped with cocoa-nib-and-basil pesto. Inspired? Take a class to create your own batch of chocolate from scratch. Tours $15, classes $35-150; *dandelionchocolate.com*

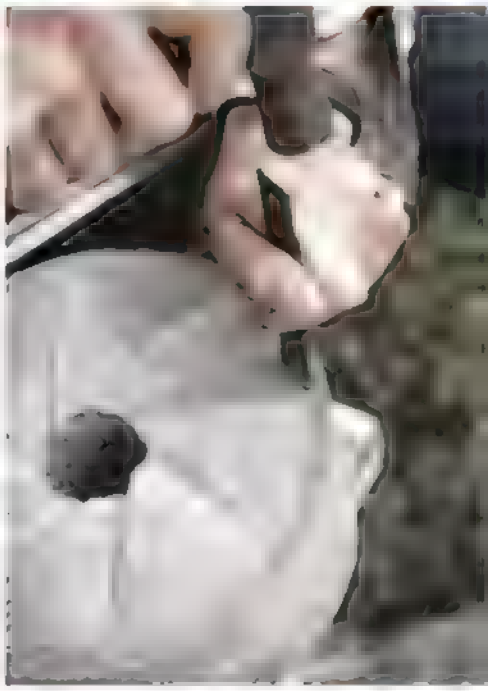


▲ Mānoa Chocolate, Kailua, Hawaii
Mere minutes from the Oahu beaches, Mānoa is one of just a handful of companies that use the limited harvest of Hawaiian-grown cacao beans in their bars. If you go in cacao season (Oct. to May), you may even get to try a bite of the fresh, sweet-tart fruit on the tour. And don't miss the Ko'olaupoko chocolate bar—so intensely fruity it reminds company founder Dylan Butterbaugh of pineapple. Other chocolates are equally inspired by the bounty of Hawaii, like the Hawaiian Sea Salt Bar or the Breakfast Bar infused with Kona coffee. Tours $15; *manoachocolate.com*



▲ French Broad Chocolate, Asheville, North Carolina
Deeply rooted in the North Carolina food scene, this company specializes in using local ingredients. The caramel in one of its milk chocolate bonbons is made with sorghum molasses sourced just 15 miles away in Marshall, while the chocolate cake gets its richness from Highland Mocha Stout brewed in Asheville and coffee roasted just over the South Carolina border. The cacao itself isn't grown next door, but the company works with its growers in Guatemala, Nicaragua and Peru as if they were neighbors, showcasing these partners as part of its chocolate-making process tour. Not to be missed: their Liquid Truffle sipping chocolate. Tours $12; *frenchbroadchocolates.com*

HOW ABOUT SOMETHING HOMEMADE?
Make your own box of chocolates for your sweetie with recipes at *eatingwell.com/valentines*



▲ Taza Chocolate Somerville, Massachusetts
Inspired by Oaxacan chocolate makers, this pioneer of the craft-chocolate movement has been using hand-carved granite millstones *(above)* to make its boldly flavored chocolates since 2005. These millstones give Taza's dark Mexican-style chocolate discs their signature, pleasantly gritty texture. Flavors like cinnamon and guajillo chili pay homage to the chocolate's Mexican roots. Hardcore chocolate lovers: be sure to try the 95% chocolate bar, aptly named Wicked Dark (this *is* Massachusetts, after all). Tours $8; *tazachocolate.com*

ERIC WOLFINGER, MICHAEL PIAZZA (TAZA); TIFFANY WELSH PHOTOGRAPHY; COURTESY MĀNOA CHOCOLATE

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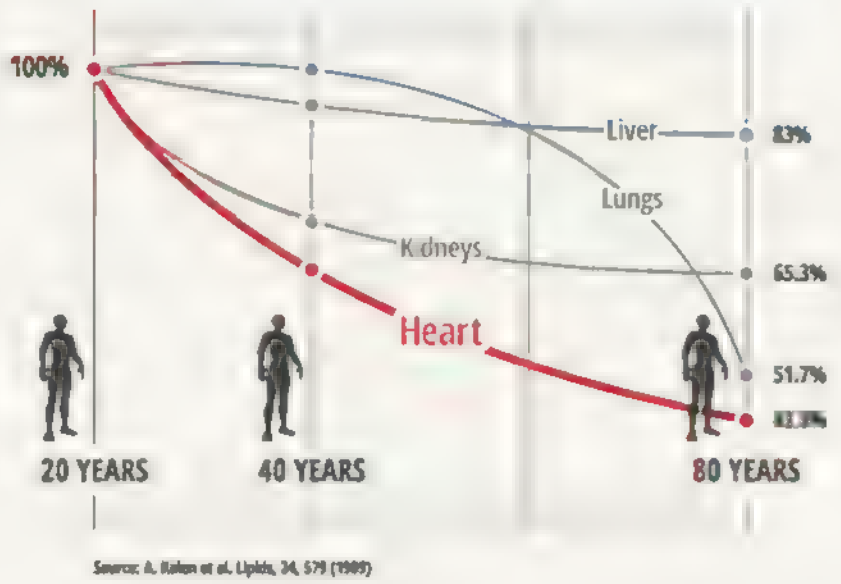

Source: A. Ikeda et al. Lipids, 34, S79 (1999)

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*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Towers are available in five sizes: from Teeny (44 inches tall), which holds 12 plants, to the 6-foot-tall Large that holds 36. Starting at $348; *lettucegrow.com*

6 Questions For: Zooey Deschanel

The actor co-founded Lettuce Grow, a company that sells home hydroponic systems called Farmstands. She shares how this system can help anyone become a backyard (or balcony) farmer. ***By Lucy M. Clark***

What inspired you to start Lettuce Grow? It seemed like there was a solution for people who don't have green thumbs or the time to spend gardening but want fresh produce and the benefits of eating something right after it's picked.

What are some of the benefits of this hydroponic system? The base is only, like, 2 feet by 2 feet, so you can put it on a balcony. (We're working on lights for indoor growing, but right now Farmstand can only be used outside.) It uses 95% less water than regular gardens grown in soil. Plus, compared to shipping fresh produce, we can send so many more plants in seedling form, and the truck doesn't need to be refrigerated, which lowers the carbon footprint. Not to mention the tower itself is made from recycled plastic.

Do you have a green thumb? No! No! No! No! I'm terrible at gardening. I find a way to kill plants. But this is completely different. I do hardly any work—maybe 5 minutes a week. Plus, there's an app with reminders to add water and nutrients.

Besides nutrition, what are some of the other upsides of growing your own food? I think we've become more and more disconnected from where our food comes from—it's kind of out-of-sight out-of-mind. But if you're growing your own food—even if you just grow a little bit—you have an appreciation and gratitude for it.

So what are you growing? I love herbs like basil and mint as well as lettuces and kale for salads. I make a ton of salads. I also love chard parboiled in salted water, then sautéed and topped with toasted nuts.

Chard isn't always a kid favorite. Do your two kids eat what you grow? It's actually the only time they'll eat anything obviously green. My daughter is very picky. In terms of green vegetables, she'll only eat it if she sees it growing. She'll just sit there with a leaf and eat it. Whereas, if I just put it on her plate, she wouldn't. She loves seeing it grow. And my son does too. I think it expands their palates.

plantyourplate

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LEFT: JULIAKE M, RIGHT: LAURA HAJAR

BONUS
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Sugarcoat It

Soothing, super-hydrating lip scrubs you can DIY or buy. **By Christina Vercelletto**

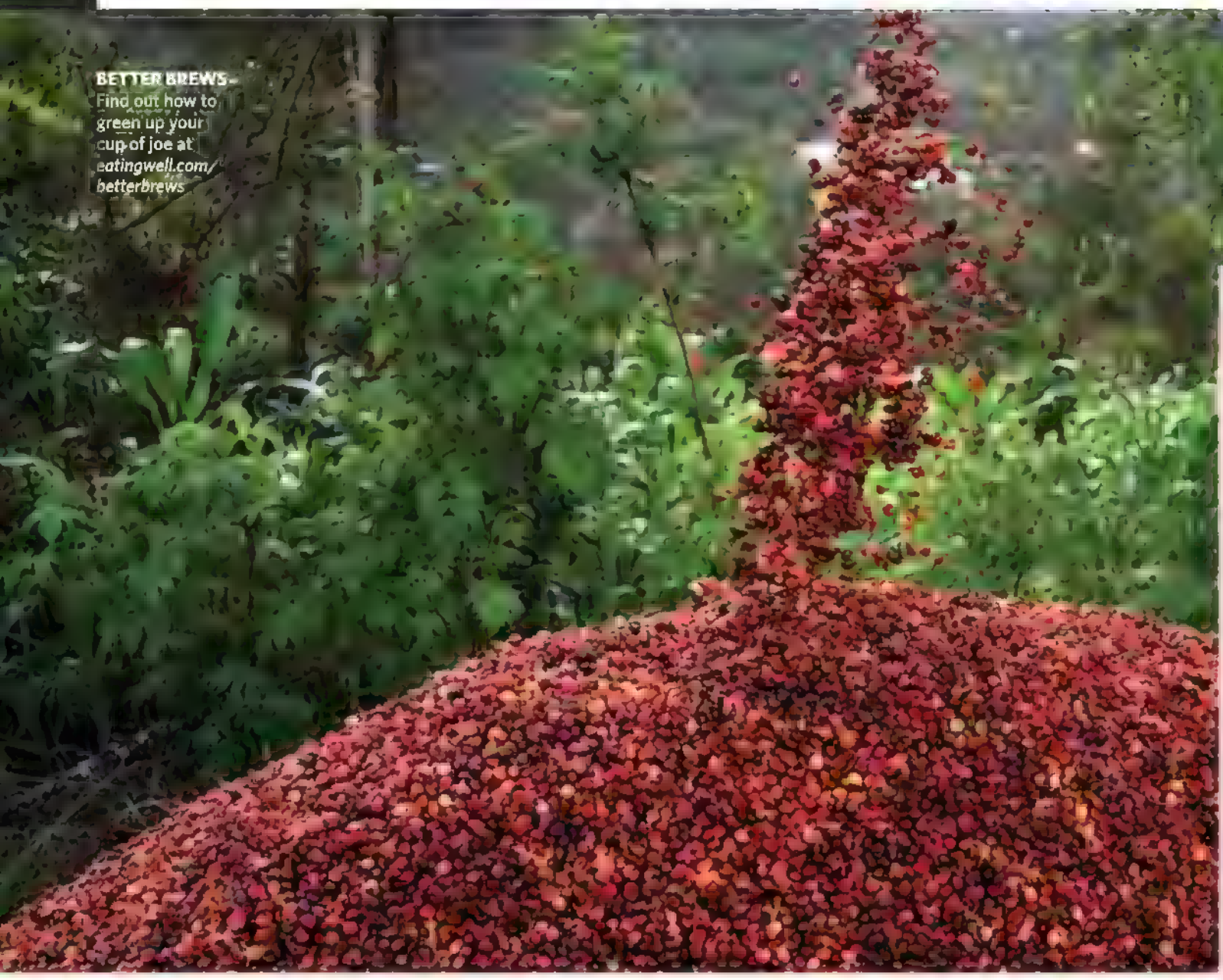
Right about now is a rough time for lips. Thin-skinned and lacking in oil glands, they get winter-worn fast—and lip balm alone often isn't enough to ease the ouch factor. That's where a scrub comes in. It gently buffs away dead, flaky skin while depositing a layer of moisture. And it's incredibly easy to make. We're talking three ingredients: 1 teaspoon each of brown or granulated sugar, honey and coconut oil. The sugar lends just enough texture to exfoliate, honey has antibacterial properties that help prevent infection in any tiny cracks, and coconut oil adds serious hydration. Mix it up, massage a dab onto your lips, then blot off the excess. (It'll last, covered, in the fridge for up to 2 weeks.) Not feeling crafty? Here are three you can pick up that'll do the job.

1 Herbal Dynamics Acai & Mango Sugar Lip Scrub This scrub imbues moisture with a sweet tropical scent, thanks to an exotic combination of pistachio and macadamia oils, plus cocoa and mango butters. Vitamin E and acai oil team up for an extra-healing antioxidant-rich boost. *($22; herbaldynamicsbeauty.com)*

2 Wen Bella Spirit Exfoliating Lip Scrub Tiny rice granules whisk away dead skin, while shea butter, jojoba and bamboo water revive parched lips with hydration. It's lemony and luxurious—with a price tag to match—but a little goes a long way so it will last through winter and beyond. *($35; chazdean.com)*

3 Burt's Bees Conditioning Lip Scrub Honey crystals do the exfoliating, and because they're inherently gentler than sugar granules this product is particularly good for super-chapped lips that need extra TLC. Cocoa butter and responsibly sourced beeswax impart silky softness and an amazing crème-brûlée-like scent. *($9; ulta.com)*

TOP BONNINSTUDIO/SHUTTERSTOCK, BOTTOM CATLIN BENSEL



BETTER BREWS Find out how to green up your cup of joe at *eatingwell.com/betterbrews*

Good to the Last Drop

Coffee production generates tons of waste. Now this by-product, cascara, is popping up across the U.S. Meet the woman who made it happen. **By Jennifer Kaplan**

Fifteen years ago, Aida Batlle left Nashville for her childhood home on the rugged slopes of El Salvador's Santa Ana Volcano to help manage her family's struggling coffee farm. Even though she'd spent most of her life in the U.S. and had no coffee-growing experience, Batlle was determined to use her background working in the sustainable-food industry to make the fifth-generation farm prosper again. One day while she was in the coffee lab, an intriguing smell wafted inside from the coffee waste pile: "I thought it was hibiscus and tamarind," she remembers. That aroma was from the pulp of coffee cherries, called cascara.

During coffee production, the seed (or bean) is separated from the skin and flesh of the small, plump red cherry, and that pulp often gets chucked. According to industry estimates, 1 pound of coffee beans leaves behind about 2½ pounds of fruit pulp, meaning that of the 19.4 billion pounds of roasted coffee made every year, upwards of 40 billion pounds of cascara remain. Some is composted or used as biofuel, but much winds up polluting rivers and waterways. Although people in coffee-producing countries like Bolivia, Yemen and Ethiopia have long made tea with cascara, it hadn't yet made its way to the U.S. Batlle saw its potential—as a unique ingredient and a new revenue stream for farmers—and sent samples to some of her coffee customers. They loved it.

"She's intent on understanding a centuries-old product and she figured out how to process cascara commercially," says one of Batlle's clients, Jenny Bonchak, founder of the Raleigh, North Carolina-based beverage company Slingshot.

Steeped, cascara tastes less like coffee and more like an herbal tea, evoking notes of orchid, rosehip, raisin, red currant and even ash. And it contains less than a quarter of the caffeine of typical java. Some companies are also grinding the dried cherry pulp into flour, a tablespoon of which boasts 6 grams of fiber and nearly 15% of your daily potassium needs.

Today, excitement over this ingredient is percolating. "The trend is really rooted in the possibility of its bigger impact," says Bonchak. "Since we started six years ago, we have saved almost 3 tons of waste. We have the ability to influence an entire supply chain's sustainability—environmentally and fiscally—and to do so with an ingredient that tastes like nothing you've ever tried before."

TRY THE TREND

Slingshot Cascara Tea With woodsy and floral undertones, these sweet-tart ready-to-drink thirst-quenchers are a pleasant sidestep from your standard bottled iced tea. ($12 per 3-pack; *slingshotcoffeecompany.com*)

Verve Costa Rica Cascara Tea Verve's loose tea is perfect for brewing a cuppa or infusing into a simple syrup for creative cocktails and mocktails. ($15 per 3 oz.; *vervecoffee.com*)

Starbucks Cold Brew with Cascara Foam This full-bodied iced coffee gets its toasty caramel flavor from a creamy froth laced with cascara and vanilla syrups. ($4.65; *starbucks.com*)

Blue Bottle Cascara Fizz Sparkling water with cascara and lemon juice makes for a refreshing not-too-sweet, not-too-tart sip. (Available in Blue Bottle Cafés, located in several major cities in the U.S., Japan and South Korea. $4; *bluebottlecoffee.com*)

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Dog, Meet Dog

Take these steps to make sure the fur doesn't fly when introducing a new pet into your pack. **By Rachel Stearns**

Whether it's the "I ♥ My Rescue" bumper sticker or the dog hair that accidentally accessorizes every outfit, there's no question—you're a dog lover. So if you're thinking about getting a second pup, consider this advice from veterinary behaviorist Stephanie Borns-Weil, D.V.M., D.A.C.V.B., from Tufts University's Cummings School of Veterinary Medicine.

Think About Your Current Dog's Needs You may be pining for another four-legged friend, but before you head off to the shelter, Borns-Weil says to ask yourself: would it be a plus for my *dog*? A pooch who seems lonely or bored may want a friend. Behavior to look for includes a lack of interest in activities that he usually likes, poor appetite and excessive neediness. (These can also indicate illness, so take your dog to the vet first to rule out a medical problem.) This may be especially true if he previously had a good relationship with another canine who isn't around anymore. "But some dogs are just not interested in other animals," she says. In this case, you need to respect your dog's personality.

Do a Trial Run Fostering a dog or offering to host a friend's pet while they're away can give you a good idea of how your pet will act when another animal is getting attention from you. "If your dog pushes the other animal out of the way or acts differently than he normally does, he may not want a companion," says Borns-Weil.

Find the Right Match Should signs point to go, check the fit on a few fronts. First, consider exercise compatibility. Most owners don't have time for two routines, like a short stroll around the block and a long run. (But be prepared for an activity level shift down the line if there's an age gap.) Second, make sure the temperaments click. Borns-Weil says to ask the shelter or breeder if your dog can meet the pup you're considering so you can see if the duo hits it off. Tails wagging at a second meeting is a good sign.

Focus on Space and Consistency At home, make sure each pooch has his own area for crates, beds and food and water bowls. Stability for your old pet is important too—if he always curls up on the right side of the couch, make sure he has first crack at that seat. "Sudden changes may cause stress and problems like depression, anxiety and resource-guarding, which can trigger fighting," Borns-Weil explains. This also applies to shifts in his relationship with you. While it may be tempting to lavish your new pet with affection, play with your old dog too. His belly isn't going to rub itself!

WOOF! Find the answers to all your pet questions at *eatingwell.com/pets*

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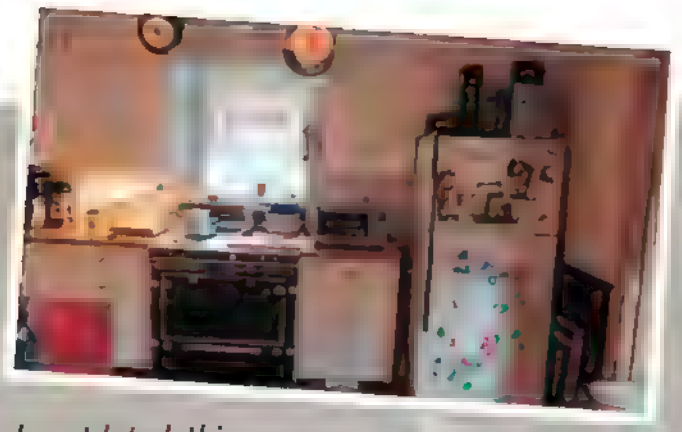
The Bright Stuff



Cramped, dark and utterly outdated, this Boston kitchen was at odds with its energetic young owners. Architect Aimee Bentley and designer Kristina Crestin helped them completely reimagine the space: it's now open, inviting and chock-full of color. These changes made all the difference in balancing function and fun. ***By Caroline McKenzie***

Hover your phone's camera over the smart code to see more before and after photos of this kitchen!

JARED KUZIA

Window: An expanded window opens up the room with natural light. To maximize the airy aesthetic, it was intentionally left without curtains or shades.

Color: A vibrant color scheme of indigo, chartreuse and mint green cooks up a space with as much personality as you'd find in a living room.

Shelving: Petite open shelves keep necessities at the ready (coffee cup, anyone?) and also provide a spot to introduce curated color and pattern.

Backsplash: Pale blue tiles bridge the visual gap between the upper and lower inky blue cabinets to avoid a choppy feel. And because the tile also covers the wall behind the sink, the room feels cohesive.

Doors: A Dutch door adds charm and fresh air while keeping pets and kids in—or out.

Microwave & Wall Oven: No task is too big for the combination microwave and wall oven, which maximizes efficiency on hectic school nights. The microwave has a convection oven mode so you effectively end up with a double oven. It also ramps up productivity when they host large get-togethers. Bonus: It's a more streamlined look than a hulking microwave perched on a countertop.

Sink: The spacious apron-front sink looks at home in the historic bungalow. Better yet, even the largest pan will easily fit inside. (Crestin cautions against double sinks, as few kitchens have enough space to accommodate one large enough to scrub big pots and baking pans.)

Island: Central to the overhaul was an expanded footprint that made way for a spacious walnut island. It brings a sophisticated focal point to the kitchen and adds functionality by way of additional prep space and seating.

Pendant Lights: Clear glass pendants provide task lighting without obscuring the view out the window.

Bar Stools: Some things are *mint* to be! Powder-coated metal bar stools make for virtually indestructible kitchen seating, impervious to dings and stains.

Countertops: Heat- and stain-resistant quartzite countertops look like marble but have the durability of granite.

Refrigerator: The homeowners splurged on a counter-depth refrigerator to create a more streamlined look with the new cabinetry. And the reduced footprint allowed for more seating around the island.

PRODUCTS:
Window (sink): Pella

Paint colors: Walls: Benjamin Moore PM-1 Super White, Dutch door: Benjamin Moore 2024-10 Chartreuse; Cabinets: Sherwin-Williams SW 7602 Indigo Batik

Backsplash: Ann Sacks Elements Field Tile

Door: Rouge Valley Door

Microwave & Wall Oven: Jenn-Air 30-Inch Stainless-Steel Electric Double Wall Convection Oven/Microwave Combo

Range & Refrigerator: Jenn-Air

Sconces (sink): Circa Lighting, Functional Single Arm Library Light

Faucet: Rohl Michael Berman Gotham Single Handle Pull-Down Spray Kitchen Faucet

Pendants: Katie Conical Pendant by Thomas O'Brien for Visual Comfort

Bar stools: Riverstone Furniture Metal Indoor-Outdoor Stool and Bar Stools in Mint Green

Cabinets: Carole Kitchen and Bath Design, Executive Cabinetry

Custom walnut island: Newbury Cabinetry, Inc.

Find Your Blood Sugar Balance

About a third of adults in the U.S. have prediabetes, and most don't know it. The condition ups the risk of type 2 diabetes by 50%, but these 6 strategies can help get you to a healthier place.
By Julia Westbrook

What Is Prediabetes? This condition is characterized by elevated blood sugar that is still below the type 2 diabetes range. "Some people hear 'prediabetes' and they think 'pre-problem,' but that's not the case," says Jill Weisenberger, M.S., R.D.N., author of *Prediabetes: A Complete Guide.* Having the disorder, she says, means that you already have insulin resistance. Insulin is the hormone that ferries the sugar from your blood (aka blood glucose) into the rest of the body, so when you're resistant to this hormone, blood sugar rises. At the prediabetes stage, your body can counter the problem by pumping out more insulin. But this diagnosis also means that the special cells in your pancreas (called beta cells) that make insulin have started to burn out. So eventually, insulin production declines and blood sugar levels creep up. "You have the same issues with prediabetes as with type 2, the difference is just the degree," Weisenberger adds. Because the condition usually has no outward symptoms, your doctor will give you a blood test to confirm whether or not you have it.

90% of people who have prediabetes don't know it. Hover your phone's camera over this smart code for a risk-factor quiz.

MAKE PLANTS THE STAR OF YOUR PLATE

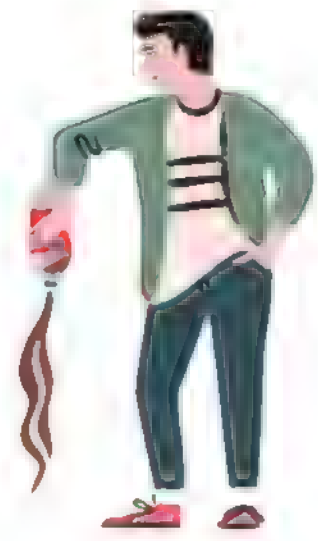
Filling up on veggies, fruits, grains, beans and plant-based oils may help improve the steadiness of post-meal blood sugar levels, compared to eating a more meat-centric diet, Danish researchers found. But they note that effective veg-forward eating can still include moderate amounts of lean animal products, like chicken. In fact, this kind of vegetarian-*ish* diet may lower the risk of developing prediabetes in the first place.

PICK THE RIGHT FATS

People with prediabetes who ate 50 grams a day of monounsaturated fats (MUFAs, found in nuts and oils) saw better insulin sensitivity after 12 weeks versus those who consumed just 20 to 30 grams of these fats, according to a study conducted at the Mayo Clinic. Worth noting: Half of the MUFAs came from olive oil (2½ Tbsp. daily). This oil is known for its anti-inflammatory properties—important because inflammation is linked to insulin resistance.

SNAG MORE ZZZ'S

Getting less than 5 hours of sleep a night increased the risk of progressing from prediabetes to type 2 diabetes by 68%, compared to getting 7 hours, according to a study published in *Diabetic Medicine.* Inadequate rest increases levels of cortisol, a stress hormone that can release stored sugar into your blood for energy. Cortisol also temporarily increases insulin resistance so your body has extra sugar to fuel your groggy self—not great for your health if it happens frequently.



MUSCLE UP

In a study published in *PLOS ONE*, after strength training for 30 minutes, twice a week for three months, 30% of people with prediabetes returned to healthy blood sugar levels. Muscle tissue absorbs sugar out of your bloodstream to burn for energy. So more muscle equals bigger impact.

SCALE BACK

"If someone is overweight—and not everyone with prediabetes is—making diet and exercise changes to drop some pounds can be key," says Weisenberger. "We know that when people lose as little as 5% of their body weight, their insulin sensitivity improves."

SAY "SO LONG" TO SODA

A year after getting diagnosed with prediabetes, 34% of people who continued to drink sugar-sweetened beverages (soda, juice or otherwise) developed type 2 diabetes, while only 8% of those who gave them up did, according to Japanese researchers.

ILLUSTRATIONS BY I. BBY VANDERPLOEG

truvia

No sugar. No calories. No doubts.

Resolved!

This new science-backed method will make your January 1 goals stick this year. Seriously. **By Jessica Migala**

GOAL:
Eat at least 3 servings of vegetables a day
Hover your phone's camera over this smart code to take our Eat More Veg Challenge!
Chop once, eat many times. For example, chop an entire cuke, throw half in a salad and store the rest for snacks.
Keep your freezer and pantry stocked with frozen or canned produce so you'll always have something on hand, even in a pinch.
Take one day a week to make batches of three types of roasted veggies to store in the fridge and enjoy over the course of the week.
Add "bonus" veggies to meals you already cook, such as tossing spinach into jarred sauce on pasta night.
Prep veggies for snacks immediately after you shop—*before* they go into the refrigerator.
When you meal-plan (either for the day, a few days or the week), think about the vegetable element *first*.
Place veggie snacks and leftovers in clear containers front and center in the fridge so you'll see them every time you open the door.

Hey, we've been there: You're jazzed about your New Year's resolutions—for all of two weeks. But this time around will be different. Instead of aiming for perfection, recent research suggests that deciding ahead of time how you'll pivot if one step doesn't go as planned may be the secret to success. (Scientifically speaking, this is part of an approach called "systems improvement.") In a study published in the journal *Nursing Outlook*, being prepared for this trial and error helped people reach their goals—like eating healthier or exercising more—unlike programs that rely on motivation or willpower. Here's how to make it work for you.

The Basic Blueprint Study co-author Shirley Moore, Ph.D., R.N., of Case Western Reserve University, says to draw what's called a fishbone diagram. (We've illustrated a veg-forward take on it, *above*, with tips from Keri Gans, M.S., R.D., author of *The Small Change Diet*, but you can use the approach for any resolution.) This visualization tool helps you brainstorm multiple strategies. Write your health goal at the "head" and fill in specific steps to achieve it off the "spine." There are no wrong answers and more is better.

Next, choose one strategy to start with. (One! Going for extra credit defeats the purpose of the exercise and can set you up for failure.) As you test it out for two to four weeks, track your progress to see if it's working or if it's time to move on to a different step. "That's the benefit of having a whole list of things to try," says Moore. (And no demerits for changing course early if you realize on day one that your pick isn't working for you.) If you have at least a partial success—say you were aiming for 3 servings a day of veggies, but got to 2—then add another item from the list.

Why It Works "When you give yourself permission to make mistakes and try a new strategy when needed, there's no pressure to be perfect," Moore explains. "You learn to focus on what you *can* accomplish versus what you can't. You're able to simply move on to the next thing, rather than feel like a failure and get totally derailed."

ILLUSTRATION BY DARLING CLEMENT NE

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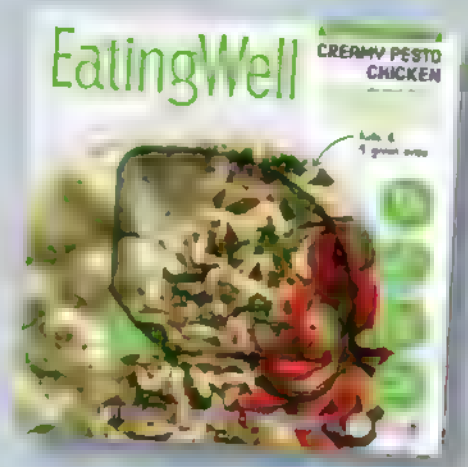


How I Ditched Dieting for Good

There's a reason INTUITIVE EATING is trending right now: it may be an even more effective way to lose weight, boost body image and learn to stop judging foods as good or bad. Food is food. It's OK to love it all. By LYNNE CURRY

It's fair to say it was Whole30 that broke me. But it could have been intermittent fasting, South Beach, the Zone, clean eating or any of the many diets I've tried—from Weight Watchers during high school to five-day detoxes in my 40s. Year in and year out, I followed all their rules without questioning why I was always on a new wellness plan to shed the same damn 15 pounds.

In the spring of 2018, on my third round of Whole30, I hit a wall on day six. Suddenly, banning chickpeas and brown rice seemed ludicrous to me. I adore them—along with bread and pasta, preferably with wine (also verboten). And I worried what messages my two adolescent daughters were absorbing as I spooned Bolognese sauce over a baked sweet potato while they ate it on spaghetti. None of it made sense anymore.

Cara Harbstreet, M.S., R.D., gets this a lot. As the founder of Street Smart Nutrition in Kansas City, she works to help jaded dieters find a better approach to eating. "Diets rarely deliver the results you want them to, and there's a growing backlash," she told me. So many people, like me, have recognized that dieting only succeeds in making us feel like failures. They're rejecting those rigid plans and embracing a radically different type of un-diet: intuitive eating—sometimes referred to as mindful eating *(see "Are Intuitive Eating and Mindful Eating the Same Thing?" on page 69)*. Surveys show that interest in intuitive eating has more than doubled in the past five years and continues to rise. During that same time frame there's also been a steady decline in the number of Americans who care about dieting, from 67% to 49%.

Despite its trending status, intuitive eating is not some newfangled idea. Two California nutritionists, Evelyn Tribole, M.S., R.D.N., and Elyse Resch, M.S., R.D.N., developed the concept 25 years ago—back when Atkins was all the rage. But their method has clearly struck a cultural chord. How it works: Rather than offering meal plans or lists of foods to eat and avoid, it rests on 10 principles that encourage you to ditch the diet mentality, make peace with food, trust your hunger cues and allow yourself to enjoy what you crave—no guilt allowed *(see "How to Eat Intuitively" on page 67)*. Food is not to be feared or labeled as good or bad, and *you* are not good or bad because of what you choose to put in your mouth. Instead, the idea is to follow your innate ability to self-regulate food intake—the one most of us are born with, yet tend to ignore or override at some point in our lives.

Illustrations by Lauréne Boglio

Proponents of intuitive eating will tell you that weight loss is not the goal. But for many people, it's a happy side benefit. A study published in the journal *Eating and Weight Disorders*, for example, found that intuitive eaters consumed fewer calories of a pasta meal they were provided and had lower BMIs compared to dieters. Research has discovered other advantages as well, including better body image, fewer food cravings, less weight yo-yoing and a greater ability to maintain a healthy weight over time *(see "4 Benefits of This Un-Diet" on page 68)*.

I first read about this no-diet way of life after my Whole30 debacle. I was primed to jump off the merry-go-round of dieting, restricting and poor self-image. One day on the beach, I watched a woman in her 40s walk by, rocking an emerald bikini. I wondered: What would it be like to feel *that* comfortable in your own skin, regardless of what you actually look like? At

Oil

OIL

that moment I realized that intuitive eating made more sense than any 30-day wellness plan. But I worried how it would work in real life. It felt like the nutritional equivalent of BASE jumping. Would I free-fall straight into obesity? I was scared. Food—or at least certain foods—was something I'd learned to fear. How would I know what, how and when to eat if there were no rules, no safety net?

"It doesn't have to be super-complicated. It just takes a lot of mindfulness," Lara Pence, Psy.D., assured me. She's a clinical psychologist who specializes in food and body acceptance issues. In her view, permission to eat simply replaces restrictions with options. (Although she noted that intuitive eating doesn't work for everyone, like athletes or those with certain medical conditions.) Pence suggested I ask myself, "What am I looking for right now? What do I truly want?" An intuitive eater includes foods that feel the most satisfying and shifts away from those that don't. Of course, this permission could also be used as an excuse to down a dozen doughnuts or to eat to cover up your emotions, she said, so honest self-reflection is essential.

I've got this, I thought during those early days. I am a kale, avocado and wild salmon lover, and I felt confident making nutritious choices for myself. Before reaching for food, I took stock of my hunger level. And, like deciding what outfit to put on, I considered: would yogurt and fruit feel good right now or do I need a cheese omelet?

But it's a lot to unlearn and relearn after years of self-denial. And I soon found myself falling back into sneaky dieting habits. Although I wasn't counting calories or macros, I became a "careful eater." Subconsciously, I was trapped in the clean-eating mindset, restricting myself to only whole, organic and unprocessed foods. To be clear: whole, organic and unprocessed foods are amazing. The problem is the *restricting* part.

"Setting something up as 'clean' paints the alternative as dirty or bad or wrong," explained Christy Harrison, M.P.H., R.D., author of *Anti-Diet*. And that's just another form of the food police. To embrace this way of life, I had to soften my black-and-white thinking. There's room for salmon, kale *and* corn chips in a healthy diet. Have faith, Harrison said, because our worst fear about intuitive eating—that we'll lose control, especially around "forbidden" foods—is unfounded. It's actually dieting that causes people to have trouble with

How to Eat Intuitively

Here are the basic principles of intuitive eating. (And can we just say, these are *our* kind of ground rules.) If you really want to delve into the specifics, it's worth consulting a nutritionist or one of the many books on the subject, like Christy Harrison's *Anti-Diet* or the O.G. tome *Intuitive Eating* by Evelyn Tribole and Elyse Resch.

Forget diets—full stop. The vast majority are dumb and don't work long-term.

Hungry? Then eat something. Don't wait until you're so ravenous you could eat the tablecloth.

Stop labeling foods as "good" or "bad." Amen to *that*.

Ditch the guilt Challenge any judgy thoughts that bubble up—like feeling bad for eating that third slice of pizza.

Tune in to hunger cues. When you're comfortably full—but not stuffed—set the fork down.

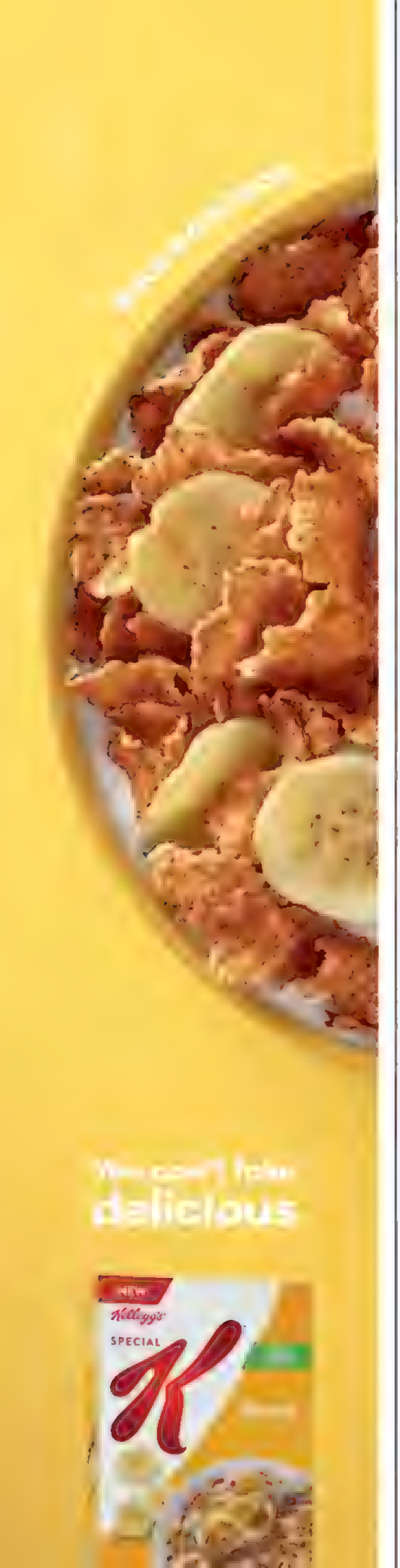
Really enjoy your food. Eating slowly and savoring every bite boosts the satisfaction factor so you may not need as much.

Avoid eating your feelings. Find other ways to tackle emotions like stress, boredom and sadness. Go for a walk. Call your mom.

Be kind to your body. Not always easy, but it helps to focus on what it's capable of versus what size or shape it is.

Exercise! Not to fit into your skinny jeans, but because it makes you feel healthy, strong and energized.

Eat what makes you feel good. You don't need to eat healthy foods 100% of the time—it's about making nutritious choices overall that support your well-being.



overindulging. A study published in the journal *Eating Behaviors* found that restrictive eating led to food obsessions, overeating and bingeing on "bad" foods. (It's a psychological fact that when people slip on a strict diet, they often feel like they might as well go out with a bang.) Intuitive eating, however, had the opposite effect on all of these factors. While I'll never look at Fritos the same way as a piece of fruit, I stopped demonizing foods. And I found that when I allowed myself to have peanut M&M's, I would have a few—not the whole bag—and move on to other things. I felt a giant sense of success and relief at no longer being captive to my own cravings. It was more addictive—in the best way—than chocolate.

From then on, eating became less preoccupying and stressful. And I was less hyperconscious about my choices, whether at home or dining out. I focused on nourishing myself and I abandoned old habits, like skipping lunch and later feeling so lightheaded and famished that I'd scarf cheese and crackers. I slowed down during meals, even on busy workdays, and as a result, I felt more satisfied afterward.

When the holidays came, "cheating" was no longer a thing in my life. I sampled the sugar cookies I baked with my daughters, sipped cocktails with my husband and rang in New Year's Day with a sourdough waffle. Did I worry that I would gain weight? Sure, but I let those thoughts drift

4 Benefits of This *Un*-Diet

If intuitive eating sounds too good to be true, know that there's science showing that, yes, it really can work. The most notable perks:

Healthier Weight
Adults who learned intuitive eating practices lost, on average, nearly 7 pounds in just two months, according to a small 2019 study from the University of Salzburg. Not all of the research has yielded such dramatic results, however. Another study, in the journal *Eating Disorders*, found that intuitive eaters generally reported no weight loss over the course of a year—but they did have less weight *gain* and yo-yo dieting over time than restrained eaters (you know, those following a capital-D diet). The researchers note that while a strict diet mindset may initially lead to weight loss, it doesn't keep the pounds off in the long run, like intuitive eating can.

Fewer Cravings
It's such a dietary Catch-22: When you tell yourself you "shouldn't" eat something, it causes you to obsess over it and want it that much more. And research shows that restrained eaters are more likely to experience these types of cravings. Intuitive eating has the opposite effect. In the University of Salzburg study, participants who learned intuitive eating saw their scores on a cravings questionnaire drop by nearly 50%, while those who didn't follow this practice had no change in their scores. One key reason: When you no longer deprive yourself of anything—and all foods are on the table—you're less tempted by the stuff that was formerly forbidden.

Savvier Noshing Habits
Plenty of messages in our environment can trick you into eating more than you mean to. A particularly sneaky one is "healthy" packaging claims. Turns out, restrained eaters—who allow external cues to dictate what and how much to eat—are far more likely to fall prey to this kind of marketing because they pay more attention to what the bag is telling them *(Healthy! Keep going!)*, while intuitive eaters listen more to what their bodies are saying *(I've had enough)*, according to University of Toronto researchers.

Better Body Image
An Australian study found that intuitive eaters had higher body appreciation, regardless of their perceived flaws. The researchers explain that when you value your body, you're more likely to listen to what it's telling you to eat. And it works in the other direction, too: the more you use your hunger intuition, the more you come to appreciate your body for being so smart at figuring this stuff out on its own.

—Julia Westbrook

Q&A Are Intuitive Eating and Mindful Eating the Same Thing?

Technically no, although the two terms are often used interchangeably. Mindful eating is a practice that comes from Zen Buddhism and shares some characteristics with intuitive eating, such as nonjudgment and really being present when you eat. "But while all intuitive eating can be mindful, not all mindful eating is intuitive," says Harbstreet. It's possible, for example, to eat mindfully but still restrict what or how much you eat. (Oh *there* you are, diet mindset.) Plus, it's hardly realistic to be 100% mindful at every single meal. Intuitive eating allows for situations when you're attending to other people or wrapped up in a conversation—and it can be a sign of progress whenever you allow things other than food to take center stage in your life.

by. I didn't let them snowball into anxiety that if I had a slice of pie with whipped cream, I wouldn't be able to stop. Just the opposite happened: I usually wanted just a bite of dessert, if I wanted any at all. Even when I did indulge in all the festivities, it didn't mean that I'd fallen off the deep end with no way back. And I applied the gold-standard intuitive-eating advice—if you don't love it, don't eat it, and if you love it, savor it—to social situations, from dinner with friends to a family trip to Spain in the spring. Ham, bread and wine were staples during that month of travel, but as wonderful as they were, I found myself yearning for a salad too.

Even the way I meal-planned for my family changed. Before intuitive eating, I consciously excluded any weeknight dinners containing carbs or I substituted "approved" foods for myself. Now it was more enjoyable, since my chief concern was making simple, balanced meals—even when a time crunch meant quesadillas for everyone. I ate the Bolognese as it was meant to be: *with* the pasta. I might want just a small bowl of it; I might be hungry enough for seconds.

The tricky thing with talking about intuitive eating is that most of what changes is internal. "The actions that we take may look strikingly similar to when we were dieting," Harbstreet told me. "The primary difference is just the mindset and the motivation behind those behaviors."

This mindset shift went not only for food choices, but also for body image. One of the tenets of intuitive eating is to accept your genetics with the same detachment as your shoe size. I won't pretend it was easy to abandon the idea that my health and self-worth were directly tied to the three digits on the scale. But at the gym, I stopped choosing the fat-burning setting on the StairMaster, and I moved my goals away from losing weight and toward training for activities I love—trail running, hiking and backcountry skiing. Gradually, my self-talk changed too. I purposefully banished negative thoughts about my arm fat or the width of my hips and instead focused on how good it felt to be strong and fit. "You truly may never reach a point where you can say, 'I love my body and accept it wholeheartedly.' And that's fine," Harbstreet said. "But you can appreciate what your body does for you and provide it with what it needs."

As imperfect and uneven as this journey has been, it's made such a difference in my life. One year later, I feel better in my body than I have since I was mountain climbing every weekend in my 20s, and I have lost 15 pounds, although I wouldn't attribute it solely to intuitive eating. The most significant change, though, is that I don't waste mental energy agonizing over food or my body size anymore. Do I still stress-eat potato chips sometimes? Yes. But I don't guilt myself or promise to "make up for it."

All I know is that the un-dieting lifestyle is so much richer than I could have imagined—and I'm not just talking about the brownies and wine. On vacation this past summer, I rocked my tankini simply because I feel more comfortable in my own skin and treat myself with kindness on most days. After the beach, when my daughters asked to stop at the ice cream stand, I paused to decide if I wanted a scoop or not. Either way, we'd sit together under the summer sun with damp hair and sandy feet. I watched them happily spoon ice cream into their mouths and we savored the experience of it all. That's what I call real food freedom.

LYNNE CURRY *is an Oregon-based food writer and author of a grass-fed beef cookbook,* Pure Beef.

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GOOD FOOD FAST

Top It Off!

Grab a jar and a bag of greens for these DIY salad kits complete with protein, crunchy toppings and delicious dressing.
By Devon O'Brien

PHOTOGRAPHY BY TED & CHELSEA CAVANAUGH

Mason jar salads may have come and gone on your Instagram feed, but there was always a nugget of a good idea there. The reality is, the jar just isn't big enough for all the salad you really want. To solve the problem, reserve the jars for mix-ins and dressing and bring along a package of greens. Fill up two pint jars with the following in each: 2 Tbsp. dressing, up to 1½ cups produce, up to ½ cup protein (such as cooked chicken, steak or beans) and 2 to 4 Tbsp. of garnishes (like dried fruit, herbs, sprouts, nuts, cheese and/or croutons). When it's time to dig in, toss the contents of one jar with half of a 5- to 7-ounce bag of salad greens (save the remaining greens and the other jar for tomorrow).

Eat What You Crave

Afternoon snack attacks often come in the form of an intense hankering for junk food. Good news: Nowadays there are plenty of healthier packaged snacks, like these lower-calorie options, that will satisfy your sweet or salty tooth. **By Joyce Hendley**

SALTY & CRUNCHY

Back to Nature Gluten-Free Adzuki Bean Sea Salt Crackers
(120 cal) Also called red mung beans, adzuki beans make the flavor of crackers nutty. Plus, they have three times more fiber than a 160-calorie bag of potato chips.

SWEET & CRUNCHY

I Heart Keenwah Dark Chocolate Peanut Butter Puffs
(140 cal) A handful of these *crunchalicious* puffs gives you the same vibe as a peanut butter cookie, with a healthy upgrade. Peanut butter and dark chocolate coat puffed quinoa for a sweet snack with half the sugar and 50 fewer calories than that cookie.

SWEET & FROZEN

Kind Frozen Dark Chocolate Almond Sea Salt Bar
(190 cal) With a creamy dairy-free frozen almond-tapioca base and crunchy topping, this icy treat gives a lot of sensory satisfaction. Plus it will save you 100 calories and 8g of sugar compared to a chocolate-covered vanilla ice cream bar.

CHOCOLATY

Farm & Oven Beet Dark Chocolate Bakery Bites
(150 cal) When you can satisfy your chocolate craving and get some vegetables, too, all is right with the world. Beets, zucchini and even a dose of added probiotics healthy up these sweet morsels. Compared with snacking on a brownie, you'll save 40 calories and get a hefty hit of filling fiber too.

CHEESY

Shrewd Food Baked Cheddar Protein Crisps
(90 cal) Get your cheese fix on for a third of the fat and 40% less calories than you'd get from a serving of the cheese puffs you were eyeing. A snack-size bag of these protein-packed crisps is full of sharp-Cheddary punch (and 20% of your recommended daily value for calcium).

What do these common food cravings really mean? Hover your phone's camera over this smart code to find out.

Breyers
CARB SMART

60 CALORIES SMART

60 calories. 3g net carbs.

3g fat, 2g saturated fat, 2g sugar

Wing It

Up your chicken game with our hands-off method for getting the crispiest oven-fried wings. Plus, our 7 favorite finger-licking-good sauces to toss them in. ***By Devon O'Brien***

Better Off Baked Achieve the perfect crunch without the greasy mess of deep-frying. Here's how: Position racks in lower and upper thirds of oven and preheat to 500°F. Place a wire rack on each of 2 large baking sheets and coat with cooking spray. Divide 3 lbs. chicken wings between the prepared racks. Bake, switching the pans and rotating them from front to back halfway through, until the skin is golden and crispy, 40 to 50 minutes. Toss the wings with 6 Tbsp. sauce to coat.

DOUBLE-COATED GOODNESS

For sauces that don't have sugar (like Buffalo), use 3 Tbsp. sauce to marinate your wings for up to 24 hrs. before baking. Toss with the other 3 Tbsp. once cooked.

7 Boss Sauces

We scanned labels and tasted 20+ varieties to find this winning roster that keeps sodium and sugar in check.

Soy Vay Veri Veri Teriyaki Less Sodium Marinade & Sauce Sesame seeds make this gingery soy-based sauce extra special.

San-J Orange Sauce Asian Glaze & Stir-Fry Sweet and citrusy, this pick tastes like Chinese takeout without going overboard on the sugar.

Lawry's Caribbean Jerk with Papaya Juice Allspice, chile, garlic, cilantro and real fruit juice load this sauce with flavor.

Stonewall Kitchen Maple Chipotle Grille Sauce Maple and molasses cut through chiles' spice in this barbecue-inspired glaze.

Moore's Honey Barbecue Wing Sauce Jalapeño and red chile peppers give this smoky slather a welcome kick of heat.

Sweet Baby Ray's Buffalo Wing Sauce A game-day favorite—the puckering vinegar and cayenne is just hot enough to keep you coming back for more.

House of Tsang Red Thai Curry Sauce A touch of coconut milk cools down this red chile sauce, while paprika and turmeric make it aromatically irresistible.

STYLING (PAGES 71, 74) NORA SINGLEY (FOOD) AJA MALIA COON (PROPS)

NACHOS? WINGS? POTATO SKINS? ALL OF THE ABOVE.

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Grounds for a Good Marriage

By Gabrielle Hamilton

The second greatest cup of coffee I have ever had in my life—the runner up to Numero Uno—had disgusting thick chunks of heavy cream floating on the surface, surrounded by big beads of oily butter where the cream had melted from the heat of the liquid. The coffee had been brewed, if you can call it that, using a spaghetti colander lined with paper towels—the only tools I could find to work with in the cabinets of the vacation rental on earth's most remote and unfathomable edge: in José Ignacio, a rare gem of a seaside village in Uruguay. But my wife, Ashley, was there—this was before we were wives, before we were legally even allowed to be wives—and that's what made that undrinkable fatty sludge the unforgettable perfection it was: we were together having it, realizing together where our love was headed.

She would say, as she did in her wedding vows a couple years later, that the greatest cup of coffee she's ever had was the one from the day before on that same trip to Uruguay, when we landed and got situated in our friend Gaston's house, only to immediately fall into an unbroken sleep for the next 17 hours. I had come to the surface first, at 16 hours, to find the house empty, our friends off to work and the doors—whoops!—locked from the outside. I quietly dressed and awkwardly contorted, gymnasted and shimmied out a garden window, then walked a mile to the nearest kiosk and brought back a tepid and weak and rather stale paper cup of coffee to greet her when she woke. Stale or not, the greatest cup of coffee she's ever had in her life, she would tell you.

The disgusting problem with true love, with this love situation we have here, is that there is no story in a happy story. A story that has as its monotonous arc a ritual never skipped, never zigged nor zagged: coffee for two, every morning for the five years and counting of our togetherness.

There was the one in the hotel room in Palm Beach, which involved a stealth operation with me wearing nothing but a bath towel, peeping through

Stirring

Three writers on the intersection between food and love—and why being in the kitchen just makes life better.

Photography by Jennifer Causey

Illustrations by Mariko Jesse

the fisheye in the door waiting for the chambermaids to go in to clean the room next door so I could dash out and grab extra packets of shelf-stable non-dairy creamer from the housekeeping cart they'd left briefly unattended in the corridor.

The one made with beans someone left as a house gift: single-estate, fair-trade, shade-grown beans that, as Ashley joked, "are themselves fluent in Swahili," which had us spitting into the sink thinking the cream was expired only to realize that it was the esoteric brew that was so sour. My apologies, I meant to say, so "fruity."

The one during a blizzardy Toronto winter, where I was briefly teaching, that came with a digital scale, a thermometer and an electronic stopwatch. I rose extra early while it was still dark outside intending to prepare my notes for class, but instead spent 45 minutes attending to the temperature and the weight and the velocity of the drip, as the page-long typed protocol that came with the coffee-making apparatus instructed. When Ashley woke, that cup was there waiting even as I was far away on campus.

What is this adamant and fervent devotion to the coffee for two, every morning, no matter what?

I was once given wise and well-meaning marriage advice on the secret of a lasting marriage: Never go to bed angry. It was given to me by someone now in their 40th year of a very good marriage. He thought it was the most salient mechanism of their success—that they didn't sleep overnight in their disgruntlement, but instead they talked it out, even if it took all night, to get to a better spot.

And it's advice I want to take solemnly. Seriously. But I really think there has to be an accommodation made for those of us who work restaurant hours, those of us who work the night shift.

We're two chefs, my wife and I. We run a restaurant. Restaurant work is done at night, as you well know—all night, as you might not know quite as well—and we get home deep in the silent middle of it. Even that is a euphemism: Chefs do not get home in the *middle* of the night of the day they went in on; chefs get home from work, technically, not even on the same day they went in.

So I have to admit, nighttime reparations are a pretty tall order for us. Even though it is nauseating how in love we are, cloyingly sweet how well-suited for each other we are, don't think for a second that our marriage doesn't come with some occasional whoppers. Have you ever heard two left-wing feminist lesbians quarrel over the equal distribution of "women's work"? Would you have ever thought it possible that two professional restaurant chefs might fight tooth and nail about the domestic responsibilities of keeping a home? Needless to say, we both have known what it is to grab a blanket and sleep alone on the couch, having come to an infuriating impasse. Both of us have known what it is to go to bed very angry and very apart.

What we have never once done, however, is miss morning coffee. Every

single morning of every single day of this marriage, when one or the other of us wakes, there is coffee. And there are two cups. The day there is no cup left for the wife—either one—is the day it's over.

Our usual daily cup of coffee is this: a half-cup of beans scooped from the airtight jar on the counter, blitzed in a Morse code pattern of long dashes and short dots to a granulated powder by gunning the spice grinder, staccato style. A Melitta #4 unbleached coffee filter. Ceramic cone over a ceramic pot. The Japanese long-necked kettle full of water brought to boil and then shut off. Left for a minute to settle down, so to speak, after all that violent bubbling. Then that whole contraption itself is set into a copper pot of barely simmering water to keep the brew warm. Even if we are doing this still sore from the night before spent alone on the couch; this is the cup of coffee in our house.

The deeper the rift, or on days that there is a sick dog or one of the kids needs to be dropped at school or a prep cook has called out with a personal emergency and needs to be covered, and we can't stay to attend to our rift, there is still, incredibly, coffee left prepared for the other.

There was the one made in a rush by pouring out the dregs of yesterday's black-ringed pot into a fresh ceramic cup and leaving it on the kitchen counter with a Post-it note scribbled in black Sharpie under it: "Not my best work. I love you."

There was the one neatly poured into a takeout cup and left in front of the microwave for you to zap when you were ready.

And the one that was *not* waiting there on the counter as usual, the one that made your heart drop into your stomach. The one that was The End, you thought. Dragging yourself to work, slope-shouldered, picking your nailbeds and cuticles to bloody bits along the way, the "elevens" between your eyes in deep crease, you then stop into your local coffee shop and order your lonely coffee—the place on the block you sometimes go to—and the guy behind the counter has it ready for you, hands it over and says: "Ashley was already here. She paid and she left this one for you for when you got here."

The No. 1 greatest cup of coffee of all time.

GABRIELLE HAMILTON *is chef and owner of Prune in New York City and bestselling author of* Blood, Bones & Butter.

Hover your phone's camera over this smart code to read a bonus essay and get recipes from our authors, including this brined roasted chicken.

The Dinner Dance

By Summer Miller

I'm cooking two days ahead, but I'm right on schedule. The enchiladas are prepped for tonight. The chicken—the chicken is for tomorrow. Or maybe leftovers, but probably chicken.

The children set the table—plates, cups, forks, napkins. My back is to the room, placing a 9-by-13 baking dish in the oven.

"Dinner should be ready in about 20 minutes. Why don't you go outside and play?"

They groan.

My son wants to play video games and my daughter wants to watch people make slime on YouTube. I insist and the house is quiet for mere minutes, until one storms in the front door hurt in some way by the other's lack of sharing or turn-taking or poor negotiation skills.

I exhale, defeated, and tell them to wash their hands for dinner.

My husband emerges from the basement wearing his pajamas, because it's 6:30 p.m. and he always changes into pajamas when he gets home. Unless he's going for a run, or a bike ride, or he has to mow the lawn.

We kiss briefly, like old acquaintances being reintroduced at a party, then discuss the regular things people who've been together for nearly 20 years discuss.

"How was your day?"

"Good, busy. Yours?"

"About the same."

The children appear and the enchiladas are nearly ready. I finish cutting wedges of lime, chopping cilantro and crumbling cotija cheese.

"Can you grab the sour cream out of the fridge?"

"Yep."

"Here's a spoon."

We sit down to eat.

The kids discuss their day. My mind wanders. I sort of just ended up spending my life with Steve. I know I shouldn't say we made a huge lifelong commitment this way, but we did. We met. Dated for four months. I left the country for two months. He picked me up at the airport, took me back to his place and I never left. That was 18 years ago. Still, we were both sure of the other person. I knew very clearly what I loved about him, and he knew what he loved about me.

Our first date was the unveiling of our many differences. He was eight years my senior and owned a house. I owned as little as possible. I was urban. He was rural. I was (then) a vegetarian. He was a hunter. I hated guns. He owned four of them. I knew nothing about his world, and everything about him seemed exotic to me. He was unquestionably different than the artists and musicians I often dated. I was nothing like the small-town girls he knew. He had a sturdiness and reliability about him that I loved. He was manly in a way that made me feel safe, but gentle in a way that made me feel cherished. It's still what draws me to him.

The kids clear the dishes. My husband begins to load the dishwasher. I grab a saucepan and fill it with water before putting it on the stove. I set the burner to high and prepare the ingredients for brining the chicken for tomorrow night's dinner. Or maybe the night after, I haven't decided.

Into the pot I toss half a lemon, bay leaf, peppercorns, fennel seeds, thyme, garlic and equal amounts of sugar and salt. It simmers for a minute or two, steady and just below a boil—that place where heat and tension marry.

I've found many ways to roast a chicken. You can peel back the plastic package, still dripping with the memories of a grocery store cooler, and dust it with salt and pepper. A quick plop in the oven and an hour later you have cooked meat. Many chickens have been made and eaten this way. But that's not how I make chicken, and it's not how you make good chicken.

I take the 5-quart mixing bowl from

the cabinet. It once belonged to Steve's mother. I add a few handfuls of ice and pour the seasoned liquid into the bowl. Steam billows, and eventually it's cold enough to submerge the bird. Into the fridge it goes to sit, wait and infuse the meat with the salty, acidic brine.

My husband is nearly done with the dishes. The kids have dispersed to their ends of the house. We try and fail at discussing politics. We try and fail at small talk, mostly because he loves it and I hate it, but sometimes in the empty spaces of a marriage the weather is all there is to discuss.

We shuffle through our evening routines: showers for the kids, a glass of wine for me, a nip of whiskey for him. He will go to bed early, or I will. It just depends. And tomorrow the day begins again.

I spend my workday in black felt clogs walking the century-old floors of a white converted schoolhouse that doubles as both a test kitchen for recipes I develop and the place where I feed my family. It's a tricky thing to write about nourishment. Trickier still to nourish others when you're hungry.

I bake and style pies and cakes, prepare stuffing for the holiday menu and make lists upon lists of notes. I dissect flavors and sample slices. I break the dish down and build it up. As the day comes to a close, I write the recipes, wash the dishes and wipe down the counters.

I take the brined chicken out of the fridge. Just in time for the children to storm the entryway, dropping backpacks and kicking off shoes. My husband walks in behind them. We kiss like acquaintances being reintroduced at a party.

"How was your day?"

"Good, busy. How was yours?"

We unpack three weeks of minor aggressions. A disagreement about parenting our children. A misunderstanding about who was responsible for what. We pause and look at each other like two people who want to find answers, two people who know this is hard. Right now, we are at a loss. So I will make chicken, and hope that it buys us some time.

I remove the submerged bird, pat it dry and place it on a baking sheet covered in foil for easy cleanup. The children enter and leave the room. My husband changes out of his work clothes.

I stuff a lemon and some herbs inside the cavity of the chicken and tie it with twine. I use the tips of my fingers to massage olive oil onto the bird and put more herbs under the skin. I am intentional and deliberate. I wash my hands.

He re-enters and begins to set the table–plates, cups, forks, napkins. We unpack more accumulation. More missteps and misunderstandings. I crack pepper over the chicken's surface and sprinkle it with salt and herbs.

I place the bird in a screaming-hot oven and stand still at the counter. My back to the room and to him. My gaze out the window.

He leans in. A hand on my hip. I exhale and turn toward him, our bodies touching briefly. I look down. He kisses my forehead softly, gently. With slight trepidation, he makes a joke. I laugh tenderly, grateful for his ability to break through tension with humor. I lean in too.

SUMMER MILLER *is the author of* New Prairie Kitchen *and a senior editor at* SimplyRecipes.com. *She lives with her family in Nebraska.*

Cooking with Juliet

By Adam Dolge

Of all the major milestones you celebrate as a parent—your baby's first real, non-gas-induced smiles, wobbly steps, the first time she sleeps through the night—the one that I cherish most has to do with a French omelet I made my 1-year-old daughter for breakfast.

The previous 12 months had been grueling, life-altering, as I struggled with parenthood. Juliet was a crier—in fact, it's still her favorite way of getting her point across now that she's just shy of 2 years old. She's fierce, strong and deeply independent and I adore her for that. But as an infant she didn't seem to like anything, including me. I tried my best. I played guitar for her, took her for walks, cuddled with her on the couch and read her bedtime stories. But nothing seemed to help.

What did I get myself into? That frequent thought was one I kept to myself, afraid to share with anyone, especially my wife. Juliet was our rainbow baby following two pregnancy losses—the first while I was in culinary school and my wife was in her second trimester, late enough for her to have to deliver our first daughter. Instead of coming home from the hospital with our beautiful baby, we were given a box filled with pictures and ultrasounds, pamphlets on grief and how to talk to family about miscarriage, and a teddy bear the identical size of our lost daughter. The second happened before the fetus had formed, so there were no mementos or means of comfort. That time, I was just a few weeks into a new job

in Alabama, a thousand miles away from family and friends.

When Juliet arrived, I swore that I would never take her for granted, lose sight of her future or forget the pain and struggle my wife and I had shared. Still: *What did I get myself into?* Sleep-deprived and lost in an isolated world of ceaseless crying, dirty diapers, bottles and pacifiers, I found no love of being a father.

But I did have a passion for cooking. As a trained chef, I'm most confident and comfortable working with food. It's central to my life and, to me, there is no greater way to show love than feeding someone.

As Juliet started on solids—not the gray, plaster-like cereals but actual food—I exposed her to everything. First, the smells and textures. She'd raise an eyebrow in interest after trying raw spinach, gag on slices of tomato and wiggle with delight biting into corn on the cob. Then the flavors: sautéed carrots with caraway and orange; pecan-smoked chicken with Alabama white sauce (an homage to the state where she was born); and most notably that omelet, filled with finely chopped broccoli and spinach and a touch of gooey cheese. I set her in her highchair in the kitchen and cooked, talking her through the process like the host of a TV food show.

"See how the egg yolks this morning are bright orange? The color has to do with what the chicken ate."

"Bock! Bock! Bock!" she replied, mimicking the chickens she'd befriended at the local farm.

"Here, taste this Jack cheese; it's a lot milder than Cheddar, isn't it?"

"Mmm...more. More!" she squealed.

"Let's put some chives on top. It looks pretty and the oniony flavor complements the rich eggs so well."

"No," said Juliet, spitting out the fistful of chopped herbs she'd shoved in her mouth.

"Sweetie, those are the same chives you pick and eat from our garden."

"Mmm...more!"

We'd finally found a way to connect.

Now that my little girl is an active toddler, her patience for watching me cook has all but vanished. She's too busy chasing our dog and talking to her stuffed animals. But when I'm standing over the stove, if I ever feel a little tug on the back of my pant leg, I'm happy to take a moment, pick up Juliet, and show her what I'm cooking. I hope this early work means she won't be a fussy eater, but my real wish is that she'll carry these memories with her and one day share my love for cooking. Until then, I'll continue to share as many textures and flavors as I can with her, and relish every chance I get to make Juliet an omelet.

ADAM DOLGE *is lead recipe developer at* EatingWell.

STYLING: RISHON HANNERS (FOOD); AUDREY DAVIS (PROPS)

APPETITE FOR

RIO

BY LYNDA BALSLEV
PHOTOGRAPHY BY LEIGH BEISCH

SIP ON THIS:
Mumm Napa Blanc de Blancs ($21)

Certain foods, heralded as **APHRODISIACS,** have been celebrated over the ages for enhancing feelings of lust. Their allure is deeply rooted in myth and folklore. As for their efficacy, there's not a lot of science. Some evidence does suggest that chocolate can have a druglike effect on the brain: researchers suspect that an interplay between chocolate's caffeine and its theobromine (a similar alkaloid compound) can have psycho-pharmacological effects, boosting mood and increasing feelings of pleasure. And oysters contain an amino acid (D-aspartic acid) that a 2017 review of studies linked to boosted testosterone levels in animals. The arousal these foods cause may also simply be placebo effect, but research has shown that to be a powerful force in and of itself. And there's no denying that the pleasure of eating, and sharing a romantic meal, is indeed a sensual experience—what's not to love about that?

OYSTERS

The infamous womanizer Giacomo Casanova purportedly consumed 50 oysters for breakfast daily to maintain his philandering lifestyle. It doesn't hurt that the act of eating a raw one is actually pretty sexy.

What cocktail is right for your astrological sign? Hover your phone's camera over this smart code to find out.

Kentucky Mule

ACTIVE: 15 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Refrigerate syrup (Step 1) for up to 1 month.
This rendition of a Moscow Mule is made with bourbon instead of vodka and infused with fresh ginger syrup. Select a sharp, effervescent and not-too-sweet ginger beer, such as Fever Tree.

- **1 cup granulated sugar**
- **1 cup water**
- **½ cup chopped peeled fresh ginger**
- **10 leaves fresh mint, plus sprigs for garnish**
- **3 ounces bourbon**
- **6 tablespoons lime juice, divided, plus lime wedges for garnish**
- **6 tablespoons ginger beer, divided**

1. Combine sugar, water and ginger in a small saucepan. Bring to a boil over medium heat, stirring to dissolve the sugar. Boil for about 30 seconds. Remove from heat, cover and let cool to room temperature, about 1 hour. Strain the syrup, discarding the ginger.
2. For each drink, muddle 5 mint leaves with 1½ ounces bourbon in an 8-ounce glass or chilled copper mug. Add 3 tablespoons lime juice and 1 tablespoon of the syrup. Fill with ice and top off with 3 tablespoons ginger beer. Garnish with a mint sprig and lime wedge, if desired.
SERVES 2: 5 oz. each
Cal 161 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 18g **Total sugars** 14g (added 14g) **Protein** 0g **Fiber** 0g **Sodium** 2mg **Potassium** 54mg.

GINGER

The Kama Sutra alludes to ginger as a means to stimulate sexual arousal, and in the 18th century, Madame du Barry, a mistress of King Louis XV, used the root to seduce her numerous lovers.

FIGS

Fig leaves cloaked Adam and Eve in the Garden of Eden, and the ancient Greeks and Israelites viewed the fig tree as a sacred symbol of fertility. Simply eating a fleshy fig, brimming with tiny edible seeds, is sensual.

Oysters au Gratin with Spinach & Breadcrumbs

ACTIVE: 35 min **TOTAL:** 45 min
EQUIPMENT: Rock salt or foil, oyster knife
These succulent baked oysters thrill with spicy spinach and a crispy cheese topping.

- **12 oysters, rinsed**
- **1 tablespoon extra-virgin olive oil**
- **6 cups baby spinach (5 ounces)**
- **1 tablespoon butter**
- **1 clove garlic, minced**
- **1 tablespoon finely chopped seeded red jalapeño pepper**
- **¼ cup grated Parmesan cheese**
- **2 tablespoons panko breadcrumbs, preferably whole-wheat**
- **⅛ teaspoon ground pepper**
- **Lemon wedges for serving**

1. Preheat oven to 425°F. Line a baking sheet with rock salt or balls of foil to cradle the oysters.
2. To shuck oysters, place flat-side up and grip with a towel or gloved hand, leaving the hinged end exposed. Push the tip of an oyster knife between the top and bottom shells just adjacent to the hinge. Twist the knife until the top shell releases. (Keep the oyster level so the briny liquor stays inside the bottom shell.) Gently slide the knife along the inside of the upper shell, disconnecting the oyster from the shell; discard the top shells. Arrange the shucked oysters in their bottom shells on the prepared pan.
3. Heat oil in a large skillet over medium-high heat. Add spinach and cook until wilted, about 1 minute. Transfer to a colander and press to remove excess water, then transfer to a clean cutting board and finely chop.
4. Add butter and garlic to the pan. Cook over medium heat, stirring, until soft and fragrant, about 30 seconds. Add the spinach and jalapeño; stir to coat. Remove from heat.
5. Combine Parmesan, panko and ground pepper in a small bowl. Spread a heaping teaspoon of the spinach mixture over each oyster. Sprinkle with about 1 teaspoon of the Parmesan mixture.
6. Bake until the oysters are cooked and the tops are golden brown, 10 to 12 minutes. If desired, turn on the broiler for the last 2 minutes to brown the tops. Serve with lemon wedges.
SERVES 4: 3 oysters each
Cal 122 **Fat** 8g (sat 3g) **Chol** 22mg **Carbs** 7g **Total sugars** 0g (added 0g) **Protein** 5g **Fiber** 1g **Sodium** 197mg **Potassium** 68mg.

STYLING EMILY CANEER (FOOD), GLENN JENKINS (PROPS)

SIP ON THIS:
2017 Los Vascos Grande Reserve Carmenere, Chile ($19)

Goat Cheese Crostini with Fig Compote

ACTIVE: 35 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Refrigerate compote (Step 1) for up to 1 week.
Here, dried figs are simmered in just enough liquid so they soften into a thick jam. Try stirring the leftover compote into your yogurt or oatmeal the next day.

- **8 ounces dried Mission figs (1½ cups), stems removed, diced**
- **¼ cup honey, plus more for garnish**
- **¼ cup lemon juice, plus 1 teaspoon lemon zest for garnish**
- **¼ cup orange juice**
- **3 tablespoons water**
- **1 teaspoon minced fresh rosemary, divided**
- **⅛ teaspoon kosher salt**
- **⅛ teaspoon ground pepper**
- **30 slices whole-wheat baguette (½-inch)**
- **1 tablespoon extra-virgin olive oil**
- **6 ounces goat cheese, softened**

1. Combine figs, honey, lemon juice, orange juice, water, ½ teaspoon rosemary, salt and pepper in a small saucepan. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, partially cover and cook, stirring occasionally, until slightly thickened, about 15 minutes. Transfer to a large heatproof bowl and spread into an even layer to speed cooling. Let cool to room temperature, about 15 minutes.
2. Meanwhile, preheat oven to 375°F.
3. Place baguette slices on a rimmed baking sheet and brush the tops with oil. Bake until crisp and light golden, 8 to 10 minutes.
4. Spread the crostini with goat cheese and top each with about 2 teaspoons compote (reserve the rest for another use). Garnish with lemon zest, the remaining ½ teaspoon rosemary and more honey, if desired.
SERVES 15: 2 crostini each
Cal 137 **Fat** 4g (sat 2g) **Chol** 5mg **Carbs** 23g **Total sugars** 11g (added 4g) **Protein** 4g **Fiber** 2g **Sodium** 183mg **Potassium** 94mg.

Beef Tenderloin with Pomegranate Sauce & Farro Pilaf

ACTIVE: 1 hr **TOTAL:** 1½ hrs

Double pomegranate—juice and molasses—lends fruity tartness to the sauce.

- **1 2-pound beef tenderloin, trimmed**
- **1½ teaspoons kosher salt, divided**
- **¾ teaspoon ground pepper, divided**
- **2 tablespoons grapeseed oil, divided**
- **½ cup finely chopped shallot, divided**
- **1 clove garlic, minced**
- **1¼ cups farro, rinsed**
- **2½ cups low-sodium beef broth, divided**
- **1 teaspoon ground cumin**
- **½ cup pomegranate juice**
- **½ cup dry red wine**
- **2 tablespoons pomegranate molasses**
- **1 tablespoon balsamic vinegar**
- **2 sprigs fresh thyme**
- **1½ tablespoons cold butter, cubed**
- **½ cup pomegranate arils, plus more for garnish**
- **½ cup chopped unsalted pistachios**
- **1 teaspoon lemon zest**
- **Fresh mint for garnish**

1. Preheat oven to 400°F.

2. Sprinkle beef with ½ teaspoon salt and ¼ teaspoon pepper. Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add the beef and cook, turning occasionally, until browned on all sides, 5 to 7 minutes total.

3. Transfer the skillet to the oven. Roast, flipping the beef once halfway, until an instant-read thermometer inserted in the thickest part registers 135°F for medium-rare, 30 to 40 minutes.

4. Meanwhile, heat the remaining 1 tablespoon oil in a large saucepan over medium heat. Add ¼ cup shallot; cook, stirring, until softened, 1 to 3 minutes. Add garlic and farro; cook, stirring, for 1 minute. Add 2¼ cups broth, cumin, ½ teaspoon salt and ¼ teaspoon pepper. Bring to a boil over high heat. Reduce heat to maintain a simmer, cover and cook until the liquid is absorbed, 35 to 40 minutes. Remove from heat.

5. Transfer the beef to a cutting board. Place the skillet over medium heat and add the remaining ¼ cup shallot. Cook, stirring, for 2 minutes. Add the remaining ¼ cup broth, pomegranate juice, wine, pomegranate molasses, vinegar and thyme. Bring to a boil, scraping up any browned bits. Cook until reduced to ½ cup, 7 to 10 minutes. Strain the sauce. Stir in butter, any accumulated juices on the cutting board and the remaining ½ teaspoon salt and ¼ teaspoon pepper.

6. Stir pomegranate arils, pistachios and lemon zest into the farro. Slice the beef and serve with the sauce and farro. Garnish with mint and more pomegranate arils, if desired.

SERVES 8: 3 oz. beef, 1 Tbsp. sauce & ½ cup farro each

Cal 414 **Fat** 17g (sat 5g) **Chol** 70mg **Carbs** 33g **Total sugars** 8g (added 0g) **Protein** 30g **Fiber** 4g **Sodium** 438mg **Potassium** 507mg.

Flourless Chocolate-Chile Cake

ACTIVE: 35 min **TOTAL:** 5¼ hrs (including chilling time)
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: 9-inch springform pan, parchment paper

Intensely chocolaty with a seductive fragrance of almond, chile and cinnamon, this cake is complex and rich. It's also an easy do-ahead dessert.

- **12 ounces dark chocolate (70-73% cacao), chopped**
- **½ cup (1 stick) unsalted butter, cubed**
- **⅓ cup grapeseed *or* canola oil**
- **1½ teaspoons vanilla extract**
- **1 teaspoon ground cinnamon**
- **½ teaspoon almond extract**
- **½ teaspoon chipotle chile powder**
- **½ teaspoon kosher salt**
- **6 large eggs, at room temperature**
- **1 cup granulated sugar**
- **Confectioners' sugar for garnish**
- **Whipped cream for serving**

1. Preheat oven to 350°F. Coat a 9-inch springform pan with cooking spray. Line the bottom with parchment paper and coat the paper with cooking spray.
2. Melt chocolate and butter in a double boiler over barely simmering water, stirring until smooth. (To improvise a double boiler, bring 2 inches of water to a bare simmer in a large saucepan; set a medium or large metal bowl on the pan, allowing at least an inch between the water and the bottom of the bowl.) Remove from heat and stir in oil, vanilla, cinnamon, almond extract, chile powder and salt.
3. Beat eggs and sugar in a large bowl with an electric mixer on medium-high speed until light in color and fluffy, 3 to 4 minutes. Fold in the chocolate mixture. Pour the batter into the prepared pan.
4. Bake the cake until the top is just set and beginning to crack, about 35 minutes. (The center will still be moist.) Let cool completely in the pan on a wire rack, about 1 hour.
5. Remove the pan sides. Cover the cake and refrigerate for at least 3 hours or up to 3 days.
6. Let the cake stand at room temperature for about 30 minutes before serving. Dust with confectioners' sugar and serve with whipped cream, if desired.

SERVES 16: 1 piece each
Cal 286 **Fat** 19g (sat 9g) **Chol** 87mg **Carbs** 26g **Total sugars** 23g (added 22g) **Protein** 4g **Fiber** 2g **Sodium** 95mg **Potassium** 152mg.

LYNDA BALSLEV *is an award-winning cookbook author, recipe developer and food and travel writer based in California.*

DARK CHOCOLATE

The ancient Mayans believed cacao beans promoted virility, and lore has it that the Aztecan ruler Montezuma quaffed up to 50 golden goblets of cocoa a day to fuel his sexual appetite.

WELCOME to AMERICA

Dropped into the mayhem of Los Angeles, many newly arrived refugees struggle to find their way. With a love-your-neighbor ethos, Miry Whitehill is changing that, one community meal at a time.

By Laurel Randolph

FOOD PHOTOGRAPHY BY
Eric Wolfinger

PORTRAITS BY
CHRISTINA GANDOLFO

On a sunny afternoon in Los Angeles, people spilled from the sidewalk of a hip neighborhood to the backyard of a local real estate rental agency. Long tables were set with flickering candles and red and green chutneys. The guests were there for New Arrival Supper Club, a gathering put on by Miry's List, a nonprofit that helps newly arrived refugees with temporary housing arrangements, organized play dates, career mentorship, advice on navigating the U.S. banking system and more. Miry Whitehill, the organization's founder, welcomed everyone, and volunteers stood at the ready to serve the meal prepared by Naseema Kashefi.

Naseema and her husband, Bashir, emigrated from Afghanistan in 2017. With no friends or family in America, and no money left over after their long trip, Bashir, Naseema and their young daughter slept on the street when they arrived. Naseema, also pregnant at the time, was desperate to go back to Afghanistan and her family. Bashir pleaded with her to be patient. "I knew it was not safe for us there," he told the Supper Club guests. Years of working as a translator for the U.S. military meant Bashir was fully aware of how dangerous the country had become, and that he was a target in Afghanistan. "Everyone knew who I was...including the Taliban." On their third day here, a man stopped while on his early-morning jog. Also from Afghanistan, he knew about Miry's List and connected the Kashefis with the organization. That very night they were in a hotel and, soon after, their own apartment.

Bashir shared his family's story while the guests enjoyed the meal that Naseema had prepared, including *mantu,* beef dumplings set atop garlicky yogurt sauce, and

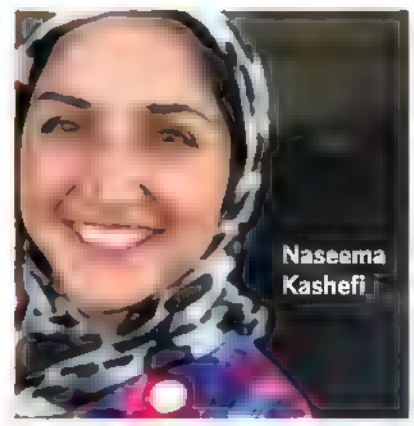
Chicken Kurma, p.92

Lola Kebab, p.92
Syrian Fattoush Salad, p.93
Red Chutney, p.94

an Afghan curry called kurma. "Miry's List not only supported us with stuff and money, they gave us courage to stay here," he explained.

Whitehill started the organization in 2016 after she brought some baby gear to a newly arrived Syrian family and realized they were lacking in basic household supplies. She FaceTimed an Arabic-speaking friend who helped translate, and they created a list of items that the family needed. Whitehill posted the list on Facebook, and within a couple of weeks, their apartment was stocked with these essentials. Miry's List was born.

New Arrival Supper Club began in 2017, when a chef suggested that Whitehill host a small fundraising dinner featuring a Syrian family's food. The Kashefis' sold-out dinner was the 59th edition and many more are planned. Whitehill notes that these events are a perfect fit for families like the Kashefis—Naseema can share her recipes and Bashir can share their story. "It gives them an opportunity to show off their skills, culture and family history while earning money and meeting their new neighbors," Whitehill explains. Not only do these dinners raise money for Miry's List, cooks take home more than half the ticket sales. Several families are even making a living from catering after cooking for New Arrival Supper Club, and the nonprofit hopes to soon have its own commercial kitchen space.


Naseema Kashefi

While the events have grown in scale, they still feel personal and communal, like that backyard gathering. "Over the last two years, we've been able to bring thousands of people together with our Supper Club families," explains the program's director, Christy Anderson. The events are a delicious way to "unite people with the universal language of food," she adds.

Bringing neighbors together is what Miry's List strives for, and at their latest dinner the world felt a little smaller. After Bashir Kashefi told the guests about his family's immigration story, he paused and looked around. "Before, I didn't know anybody [in the U.S.], but now I have lots of friends," he said, smiling.

LAUREL RANDOLPH *is a Los Angeles-based food writer, recipe developer and cookbook author. She's currently writing a book about the history of pie.*

COURTESY MIRY WHITEHILL

Afghan Tarkari, p.94

Chicken Kurma, p.92

Mantu, p.93

Lola Kebab

ACTIVE: 1 hr **TOTAL:** 1¼ hrs

Typically deep-fried, these kebabs are browned in a skillet then baked: simpler and healthier, without sacrificing a crisp crust and tender interior. The mixture is pretty fragile; use a spatula or 2 spoons (not tongs) to gently turn the kebabs in the pan. Recipe adapted from New Arrival Supper Club chef Rabia Ahmadi. (Photo: page 90.)

- **12 ounces white potatoes, peeled and cut into 1-inch pieces**
- **2 teaspoons grapeseed *or* canola oil plus 2 tablespoons, divided**
- **1 small onion, finely chopped**
- **1 pound lean ground beef**
- **1 large egg, beaten**
- **1 medium red bell pepper, finely chopped**
- **2 cloves garlic, minced**
- **¼ cup all-purpose flour**
- **2 teaspoons garam masala**
- **2 teaspoons ground pepper**
- **1½ teaspoons ground coriander**
- **1 teaspoon ground ginger**
- **¾ teaspoon kosher salt**
- **Fresh cilantro *and/or* mint for garnish**

1. Add 1 inch of water to a medium saucepan fitted with a steamer basket. Bring to a boil over high heat. Add potatoes, cover and steam until tender, about 20 minutes. Remove the potatoes, drain the water, then return the potatoes to the pan. Cook, shaking, until they're dry, about 2 minutes. Transfer to a large bowl and lightly mash with a potato masher. Let cool for 10 minutes.

2. Meanwhile, heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and cook, stirring often, until very tender, 4 to 6 minutes. (Reduce heat, if necessary, to prevent burning.) Transfer to the bowl with the potatoes. Add beef, egg, bell pepper, garlic, flour, garam masala, pepper, coriander, ginger and salt. Mix with your hands until well combined.

3. Preheat oven to 400°F. Line a baking sheet with foil.

4. To make each kebab, use wet hands to roll ¼ cup beef mixture into a 4-inch-long log, pressing firmly so the kebab holds its shape and gently pinching the ends to form a compact torpedo. Repeat to make 15 kebabs.

5. Wash and dry the skillet. Heat the remaining 2 tablespoons oil in the skillet over medium heat. Cook half of the kebabs, without letting them touch, until lightly browned and crispy, 1 to 3 minutes per side. Transfer to the prepared pan. Repeat with the remaining kebabs. Bake until an instant-read thermometer registers 160°F, 8 to 10 minutes. Garnish with cilantro and/or mint, if desired.

SERVES 5: 3 kebabs each

Cal 361 **Fat** 17g (sat 4g) **Chol** 107mg **Carbs** 23g **Total sugars** 2g (added 0g) **Protein** 28g **Fiber** 3g **Sodium** 383mg **Potassium** 639mg.

Chicken Kurma

ACTIVE: 45 min **TOTAL:** 45 min

Naseema Kashefi prepares this richly flavored curry on the milder side for New Arrival Supper Club events. Add more serrano if you like it hot. (Photo: page 89.)

- **1 tablespoon extra-virgin olive oil**
- **1 small onion, diced**
- **2 medium tomatoes, diced**
- **3 cloves garlic, thinly sliced**
- **1 1-inch piece fresh ginger, peeled and minced**
- **1 serrano pepper, seeded and minced**
- **1 tablespoon tomato paste**
- **1 teaspoon ground turmeric**
- **1 teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **1½ pounds boneless, skinless chicken breast, trimmed and cut into 1-inch pieces**
- **½ medium red bell pepper, diced**
- **½ medium green bell pepper, diced**
- **Juice of ½ lemon *or* lime**
- **Fresh cilantro *and/or* mint for garnish**

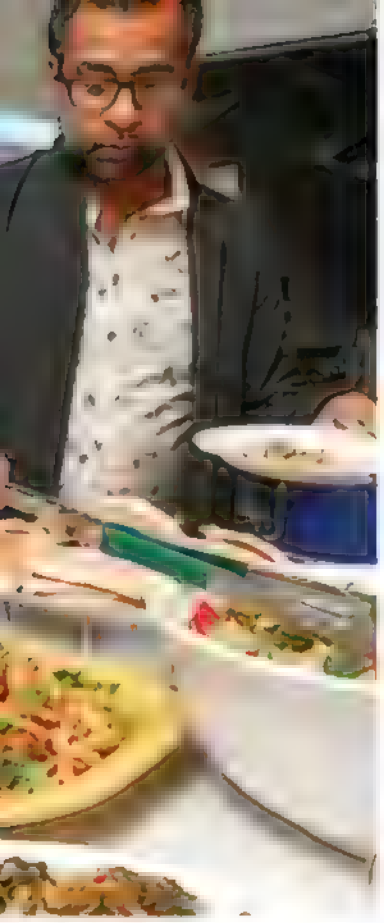
1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until soft, 2 to 3 minutes. Add tomatoes, garlic, ginger, serrano, tomato paste, turmeric, salt and pepper. Bring to a simmer. Reduce heat to maintain a simmer, cover and cook for 10 minutes.

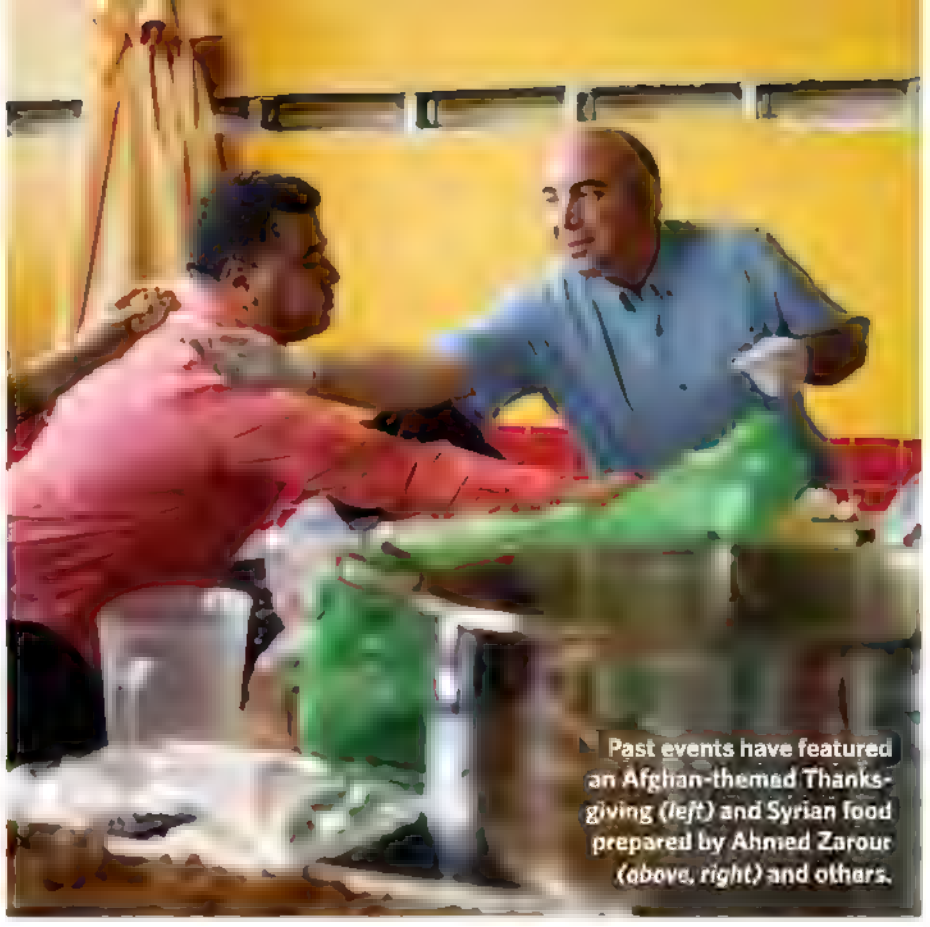
2. Add chicken and increase heat to maintain a lively simmer. Cook, stirring occasionally, until the chicken is almost cooked through, about 5 minutes. Add bell peppers and lemon (or lime) juice and cook, stirring occasionally, until the chicken is just cooked through, 5 to 10 minutes more. Garnish with cilantro and/or mint, if desired.

SERVES 6: about 1 cup each

Cal 175 **Fat** 5g (sat 1g) **Chol** 63mg **Carbs** 7g **Total sugars** 3g (added 0g) **Protein** 24g **Fiber** 2g **Sodium** 400mg **Potassium** 436mg.

TOP LEFT ANG E SMITH STYL NG (PAGES 89-91) ER C LUNDY (FOOD), ALMA ESPINOLA (PROPS)





Past events have featured an Afghan-themed Thanksgiving *(left)* and Syrian food prepared by Ahmed Zarour *(above, right)* and others.

Mantu

ACTIVE: 50 min **TOTAL:** 50 min

These steamed dumplings are often served with a garlicky yogurt sauce, but Kashefi adds a swirl of tomato sauce for a colorful, flavorful counterpoint. (Photo: page 91.)

- **2 teaspoons extra-virgin olive oil, divided**
- **½ medium onion, finely chopped**
- **8 ounces lean ground beef**
- **4 teaspoons grated garlic, divided**
- **1 teaspoon ground coriander**
- **½ teaspoon ground turmeric**
- **¼ teaspoon ground pepper**
- **¼ teaspoon kosher salt, divided**
- **20 wonton wrappers**
- **½ cup no-salt-added tomato sauce**
- **½ cup labneh *or* whole-milk plain Greek yogurt**
- **1 tablespoon chopped fresh mint**
- **1 teaspoon dried mint**

1. Heat 1 teaspoon oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until soft, 2 to 3 minutes. Add beef and 2 teaspoons garlic; cook, breaking up the meat with a wooden spoon, until cooked through, about 5 minutes. Transfer to a large bowl and stir in coriander, turmeric, pepper and ⅛ teaspoon salt.

2. Place 4 wonton wrappers on a clean cutting board. Wet the edges of each wrapper with water. Place 1 scant tablespoon filling in the middle of each. For each dumpling, grab the opposite corners of a wrapper and press together. Grab the other corners and press together, so all 4 corners meet in the middle to make a 4-pointed star. Press the edges of the wrapper together to seal. (Optional: Take 2 points of the star that are next to each other and press them together, using more water if needed. Repeat on the other side.) Place the finished dumplings on a baking sheet and cover with a damp towel. Repeat with the remaining wrappers and filling.

3. Add 1 inch of water and a steamer basket to a large pot; coat the basket with cooking spray. Arrange the dumplings in the basket without touching and cover. Bring to a boil over high heat. Reduce heat to medium-low and steam for 15 minutes.

4. Meanwhile, heat the remaining 1 teaspoon oil in a small saucepan over medium-low heat. Add 1 teaspoon garlic and cook, stirring, for 30 seconds. Add tomato sauce and a pinch of salt; bring to a simmer and cook for 5 minutes. Remove from heat and cover to keep warm.

5. Combine labneh (or yogurt) with the remaining 1 teaspoon garlic and pinch of salt in a small bowl. Spread the sauce on a serving platter and top with a swirl of the tomato sauce. Arrange the dumplings on the sauces and top with fresh and dried mint.

SERVES 4: 5 dumplings each

Cal 304 **Fat** 10g (sat 3g) **Chol** 51mg **Carbs** 29g **Total sugars** 3g (added 0g) **Protein** 23g **Fiber** 2g **Sodium** 412mg **Potassium** 412mg.

Syrian Fattoush Salad

ACTIVE: 25 min **TOTAL:** 25 min

Red cabbage gives this salad extra crunch. Recipe adapted from New Arrival Supper Club chef Maysaa Kanjo. (Photo: page 90.)

- **2 whole-wheat pita breads, split and torn into 1-inch pieces**
- **¼ cup lemon juice**
- **3 tablespoons extra-virgin olive oil**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **3 cups thinly sliced red cabbage**
- **3 cups chopped romaine lettuce**
- **1 cup grape *or* cherry tomatoes, halved**
- **2 Persian cucumbers, sliced**
- **2 scallions, thinly sliced**
- **1 cup chopped fresh parsley**

1. Preheat oven to 375°F.
2. Arrange pita pieces in a single layer on a large rimmed baking sheet. Bake, stirring once, until crispy, 10 to 15 minutes. Let cool to room temperature, about 5 minutes.
3. Meanwhile, whisk lemon juice, oil, salt and pepper in a very large bowl. Add cabbage, lettuce, tomatoes, cucumbers, scallions and parsley and toss. Add the pita chips and toss until combined.
SERVES 8: 1½ cups each
Cal 109 **Fat** 6g (sat 1g) **Chol** 0mg **Carbs** 13g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 3g **Sodium** 197mg **Potassium** 181mg.

Afghan Tarkari

ACTIVE: 25 min **TOTAL:** 35 min
Kashefi suggests topping this simple but satisfying vegetable soup with a spoonful of Red Chutney (right). (Photo: page 91.)

- **2 teaspoons extra-virgin olive oil**
- **1 large carrot, diced**
- **1 small onion, diced**
- **2 cloves garlic, minced**
- **4 cups low-sodium no-chicken *or* vegetable broth**
- **1 15-ounce can no-salt-added chickpeas, rinsed**
- **⅔ cup frozen corn**
- **⅔ cup frozen peas**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **½ cup packed chopped spinach**
- **Fresh cilantro for garnish**

Heat oil in a large saucepan over medium heat. Add carrot, onion and garlic; cook, stirring, until the onion is soft, 3 to 4 minutes. Stir in broth, chickpeas, corn, peas, salt and pepper. Bring to a boil over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, for 10 minutes. Stir in spinach and cook until wilted, about 1 minute. Serve the soup topped with cilantro, if desired.
SERVES 4: 1½ cups each
Cal 175 **Fat** 3g (sat 0g) **Chol** 0mg **Carbs** 29g **Total sugars** 5g (added 0g) **Protein** 7g **Fiber** 6g **Sodium** 441mg **Potassium** 359mg.

Red Chutney

ACTIVE: 10 min **TOTAL:** 10 min
TO MAKE AHEAD: Refrigerate for up to 1 week.
The ubiquitous condiment in Afghanistan, chutney is served with nearly every meal. (Photo: page 90.)

- **1 15-ounce can whole peeled tomatoes**
- **1 medium red bell pepper, chopped**
- **1 red serrano pepper, chopped**
- **1 large clove garlic, chopped**
- **Juice of 1 lemon *or* lime**
- **½ teaspoon kosher salt**

Drain tomatoes in a fine-mesh sieve, crushing the tomatoes with your hands and squeezing out excess moisture. Combine the tomatoes, bell pepper, serrano, garlic, lemon (or lime) juice and salt in a blender or food processor. Pulse until blended but not pureed.
SERVES 16: 2 Tbsp. each
Cal 5 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 1g **Total sugars** 1g (added 0g) **Protein** 0g **Fiber** 0g **Sodium** 72mg **Potassium** 39mg.

Kahwah

ACTIVE: 10 min **TOTAL:** 10 min
Afghans sip this spiced tea throughout the day.

- **2 teaspoons loose black *or* green tea**
- **½ teaspoon ground cardamom**
- **3 saffron threads**
- **1½ cups boiling water**
- **Sugar *or* honey to taste (optional)**

Combine tea, cardamom and saffron in a tea infuser and place in a teapot (or combine in a French press). Add water and let steep 5 minutes. Strain and add sugar or honey, if desired.
SERVES 2: ⅔ cup each
Cal 3 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 1g **Total sugars** 0g (added 0g) **Protein** 0g **Fiber** 0g **Sodium** 6mg **Potassium** 13g.

To find out how you can support Miry's List, hover your phone's camera over this smart code.

Miry Whitehill *(center)* employs several people who have resettled in the U.S., including Rabia Ahmadi *(left)* and Huda Abu Gharbih *(right)*. They direct programs that help newly arrived refugees create lists of needed items for their homes.

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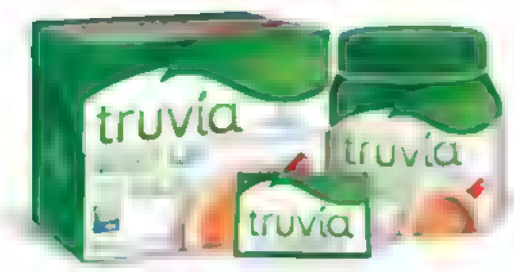

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Blood Orange
Upside-Down Cake
p.100

H*t Bl**ded

With their tie-dyed flesh and shock of tang and bitter, blood oranges straight-up drive us wild

I met my first blood orange

years ago in a hotel breakfast room on a trip to Italy. I was soaking up the morning light and daydreaming about a cup of strong coffee, frothy with steamed milk, and a *sfogliatella*, a nautilus shell-shaped buttery pastry. I snapped out of it when the waiter plunked a glass of deeply crimson-red juice onto the table.

"Arancia rossa," he announced.

It was love at first sip: blood orange, a grown-up's orange with a hint of raspberry. Compared with the sweet Valencias and navels I was used to, it was more tart and complex. Unfortunately, at that time it was hard to find back in Kansas City.

The blood orange—a small-size natural mutation of a regular orange—was first cultivated in southern Mediterranean countries in the late 1700s. And though they've grown in California since they were brought by Italian immigrants in the late 1800s, they only recently have become widely available here in the U.S. The fruit seduces cooks instantly with color, a blushed and brindled orange-red peel and, depending on the variety, such as Moro, Tarocco or Sanguinello, flesh that ranges from dark pinkish orange to almost black.

Their season starts around Thanksgiving, just in time to tint recipes with warm sunset hues during the dull, gray days of fall and winter when we need it most. In recent years I've learned that the blood orange's flavor shines through with authority: the zest in batters or buttery sauces, the sliced fruit on an upside-down cake, segments of the fruit in salads and salsas, and the juice in almost anything.

Since that encounter in Italy, my heart beats a little faster when blood oranges show up in the market in November and I'm more than a little wistful when they disappear sometime in April. But now I know to make the most of this long-lost love returning. And I enjoy them while I can.

By Judith Fertig ✳ Photography by Eric Wolfinger

Citrus Salad with Chia Celery Seed Dressing

Citrus Salad with Chia-Celery Seed Dressing

ACTIVE: 15 min **TOTAL:** 15 min

TO MAKE AHEAD: Refrigerate dressing (Step 1) for up to 4 days.

Chia and celery seeds are a nice alternative if you're typically a poppy-seed-dressing fan. Plus, the chia even brings a bit of its famous thickening power to help emulsify the dressing.

- **2 tablespoons canola *or* grapeseed oil**
- **1 tablespoon white-wine vinegar**
- **1 tablespoon honey**
- **¼ teaspoon celery seeds**
- **¼ teaspoon chia seeds**
- **¼ teaspoon kosher salt**
- **⅛ teaspoon ground pepper**
- **3 blood oranges**
- **1 ruby red *or* pink grapefruit**
- **1 navel orange**
- **2 cups baby arugula**

1. Combine oil, vinegar, honey, celery seeds, chia seeds, salt and pepper in a jar with a tight-fitting lid. Cover and shake to blend.
2. Using a sharp knife, slice both ends off fruit and remove the peels and white pith; discard. Cut the fruit into thin slices.
3. Arrange arugula on a platter. Scatter the orange slices on top. Shake the dressing and drizzle it over the salad. Serve immediately.

SERVES 4: 1 cup each
Cal 181 **Fat** 8g (sat 1g) **Chol** 0mg **Carbs** 28g **Total sugars** 23g (added 4g) **Protein** 2g **Fiber** 4g **Sodium** 127mg **Potassium** 374mg.

Fish Tostadas with Blood Orange Salsa

ACTIVE: 45 min **TOTAL:** 45 min

The salsa that goes with these tostadas is powerfully sweet and tangy but won't drown out the delicate-flavored white fish. Try pairing the sauce with chicken or pork as well.

- **8 corn tortillas**
- **3 tablespoons grapeseed *or* canola oil, divided**
- **6 blood oranges**
- **⅓ cup slivered red onion**
- **¼ cup chopped fresh cilantro**
- **¼ teaspoon kosher salt**
- **1 pound skinless Pacific halibut *or* cod, cut into 4 portions**
- **1 tablespoon chile-lime seasoning *or* rub, such as Tajín**
- **2 ripe avocados, mashed**
- **2 cups thinly sliced romaine lettuce**

1. Position rack in upper third of oven; preheat to 400°F. Brush both sides of tortillas with 1 tablespoon oil and arrange on a baking sheet. (It's OK if they overlap a bit; they will shrink as they cook.) Bake, turning once, until browned and crisp, 16 to 18 minutes. Transfer to a wire rack and let cool.
2. Meanwhile, segment oranges *(see page 103)*: Using a sharp knife, slice both ends off and remove the peel and white pith. Cut the orange segments from their surrounding membranes. Combine the segments, onion, cilantro and salt in a medium bowl.
3. Sprinkle fish with chile-lime seasoning (or rub). Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add the fish and cook, turning once, until it flakes with a fork, 3 to 5 minutes per side.
4. Flake the fish into chunks. Spread avocado on the tortillas and top with lettuce, the fish and the salsa.

SERVES 4: 2 tostadas each
Cal 572 **Fat** 29g (sat 4g) **Chol** 56mg **Carbs** 54g **Total sugars** 20g (added 0g) **Protein** 28g **Fiber** 14g **Sodium** 738mg **Potassium** 1,537mg.

Fish Tostadas with Blood Orange Salsa

Blood Orange Upside-Down Cake

ACTIVE: 30 min **TOTAL:** 1½ hrs
EQUIPMENT: 9-inch round cake pan, parchment paper

Upside-down cakes have a built-in wow factor with a layer of glacéed-looking fruit. This cake includes almond flour to give it richness and added moisture, plus zest for a more intense layer of blood orange flavor. (Photo: page 96.)

- **3 blood oranges**
- **¼ cup packed light brown sugar**
- **2 tablespoons butter**
- **¾ cup all-purpose flour**
- **¾ cup white whole-wheat flour**
- **¾ cup almond flour or fine cornmeal**
- **1½ teaspoons baking powder**
- **½ teaspoon salt**
- **3 large eggs**
- **¾ cup granulated sugar**
- **½ cup low-fat plain Greek yogurt**
- **⅓ cup extra-virgin olive oil**
- **½ teaspoon almond extract**
- **½ teaspoon vanilla extract**

1. Preheat oven to 350°F. Line the bottom of a 9-inch round cake pan with parchment paper and coat with cooking spray.
2. Zest 2 oranges and reserve the zest. Using a sharp knife, remove the peel and white pith from all 3 oranges. Slice them about ¼ inch thick, discarding any seeds. Place the slices on paper towels and blot the tops to remove excess moisture. Set aside.
3. Place brown sugar and butter in a small skillet. Cook over low heat until the mixture melts and bubbles, 4 to 5 minutes. Spread in the bottom of the prepared pan. Let cool.
4. Meanwhile, whisk all-purpose flour, whole-wheat flour, almond flour (or cornmeal), baking powder and salt in a medium bowl. Beat eggs, sugar, yogurt, oil and the reserved orange zest in a large bowl with an electric mixer on medium-high speed until pale yellow, about 3 minutes. Add the dry ingredients, a third at a time, beating on low speed after each addition. Beat in almond and vanilla extracts.
5. Arrange the reserved orange slices over the brown sugar mixture in the pan, without overlapping. Pour the batter into the pan and carefully spread it over the oranges. Bake until a toothpick inserted in the center comes out clean, 30 to 40 minutes.
6. Let the cake cool in the pan on a wire rack for 15 minutes. Run a knife around the edges of the pan to loosen the cake. Invert a serving plate over the pan and carefully turn the cake over onto the plate. Remove the pan and parchment paper. Serve warm.
SERVES 12: 1 slice each
Cal 277 **Fat** 13g (sat 3g) **Chol** 53mg **Carbs** 35g **Total sugars** 21g (added 17g) **Protein** 6g **Fiber** 2g **Sodium** 183mg **Potassium** 123mg.

Rosemary-Blood Orange Lamb Chops with Charred Blood Oranges

ACTIVE: 35 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Refrigerate lamb chops (Step 1) for up to 2 hours.

In the south of France, lamb is often grilled on a bed of fresh rosemary and anointed with citrus juice. This recipe takes inspiration from that tradition with a wet rub made with lots of garlic plus rosemary and blood orange. Besides being a beautiful garnish, the charred blood oranges are served to squeeze over the lamb for a final flourish of citrus flavor.

- **2 blood oranges**
- **6 cloves garlic, finely chopped**
- **½ teaspoon kosher salt**
- **3 tablespoons extra-virgin olive oil**
- **1 tablespoon finely chopped fresh rosemary, plus 6 sprigs**
- **8 lamb loin chops (1½-inch-thick, 1½-1¾ pounds total), trimmed**

1. Zest oranges. Cut them in half and set aside. Mash garlic and salt into a paste with a fork or the side of a chef's knife. Transfer to a small bowl and stir in the zest, oil and chopped rosemary. Arrange rosemary sprigs on a plate and place lamb chops on top. Reserve 2 tablespoons of the paste and spread the rest over the lamb. Let stand at room temperature for 30 minutes or refrigerate for up to 2 hours.
2. Position rack in upper third of oven; preheat broiler.
3. Place the reserved orange halves on a baking sheet, cut-side up. Scatter the rosemary sprigs among the oranges and place the chops on top, not touching. Broil until the oranges are charred and an instant-read thermometer inserted in the thickest part of a chop registers 140°F for medium-rare, 13 to 15 minutes.
4. Spoon the reserved paste over the lamb chops. Cut the oranges into wedges and serve with the lamb for squeezing.
SERVES 4: 2 chops & ½ orange each
Cal 279 **Fat** 17g (sat 4g) **Chol** 62mg **Carbs** 10g **Total sugars** 6g (added 0g) **Protein** 20g **Fiber** 2g **Sodium** 415mg **Potassium** 400mg.

STYLING ABBY STOLFO (FOOD), GLENN JENKINS (PROPS)

Chicken Paillards with Blood Orange Pan Sauce

ACTIVE: 35 min **TOTAL:** 35 min
EQUIPMENT: Parchment paper

Each part of the blood orange (zest, segments, juice) lends a layer of flavor—sweet, tart, pungent—to this sophisticated yet speedy-to-prepare dish. Thin-pounded paillards of chicken breast cook quickly and evenly; pork would be great here too.

- **4 blood oranges, divided**
- **1 pound boneless, skinless chicken breast**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground white pepper**
- **1 large egg**
- **¾ cup finely grated Parmesan cheese**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons unsalted butter, divided**
- **Fresh flat-leaf parsley for garnish**

1. Grate ½ teaspoon zest from 1 orange. Juice the orange into a medium bowl and add the zest. Segment the remaining 3 oranges *(see page 103)*: Using a sharp knife, slice both ends off and remove the peel and white pith. Set a fine-mesh sieve over the bowl. Working over the sieve, cut the orange segments from their surrounding membranes. Squeeze juice out of the membranes and peel before discarding. Reserve the orange sections and juice separately.
2. Cut chicken into 4 pieces. Place between sheets of plastic wrap and pound with a meat mallet or heavy skillet until about ¼ inch thick. Season with salt and white pepper.
3. Beat egg in a shallow dish. Place Parmesan on a plate. Dip the chicken into the egg, then dredge lightly in the Parmesan, pressing to help it adhere.
4. Heat oil and 1 tablespoon butter in a large nonstick or cast-iron skillet over medium-high heat. Add the chicken and cook, flipping once, until golden and an instant-read thermometer inserted in the thickest part registers 165°F, 5 to 7 minutes total. Remove to a plate. Add the reserved orange juice to the pan and bring to a boil. Cook for 1 minute. Add the reserved orange segments and the remaining 1 tablespoon butter and stir until melted. Serve the chicken with the sauce and parsley, if using.
Serves 4: 3 oz. chicken & 2 Tbsp. sauce each
Cal 392 **Fat** 22g (sat 8g) **Chol** 157mg **Carbs** 16g **Total sugars** 11g (added 0g) **Protein** 32g **Fiber** 2g **Sodium** 463mg **Potassium** 649mg.

Brûléed Blood Oranges with Yogurt & Cardamom

ACTIVE: 15 min **TOTAL:** 15 min

Fresh blood oranges are so sweet they almost create their own caramel under the broiler—a little brown sugar on top seals the deal. A hint of cardamom enhances their aroma. Once you scoop out and eat the caramelized sections, squeeze the remaining blood orange juice over the yogurt. **(Photo: page 3.)**

- **4 blood oranges**
- **8 teaspoons packed light brown sugar**
- **1 teaspoon ground cardamom**
- **1 cup whole-milk plain Greek yogurt**

1. Position rack in upper third of oven; preheat broiler *(if you have a culinary blowtorch, you can use it instead)*. Line a baking sheet with foil.
2. Cut oranges in half crosswise. Using a sharp serrated or paring knife, trim the bottom of each half so it sits without rolling. Cut around each segment (as you would a grapefruit) and remove any seeds. Cut a cross in the center and run the knife around the edge of the fruit without cutting into the white pith. Arrange the orange halves, cut-side up, on the prepared pan.
3. Combine brown sugar and cardamom in a small bowl. Spread 1 teaspoon on top of each orange half. Broil until caramelized on top, 3 to 5 minutes. Serve with yogurt.
Serves 4: 2 orange halves & ¼ cup yogurt each
Cal 168 **Fat** 4g (sat 2g) **Chol** 8mg **Carbs** 27g **Total sugars** 24g (added 9g) **Protein** 7g **Fiber** 3g **Sodium** 25mg **Potassium** 368mg.

JUDITH FERTIG *is a Kansas City-based cookbook author and novelist.*

Chicken Paillards with Blood Orange Pan Sauce

2020

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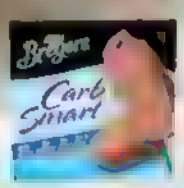

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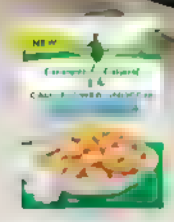

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Divide & Conquer

The next time you want to serve up pretty, pith-free citrus sections, try try suprêming. First, cut a thin slice off both ends of the fruit with a chef's knife. Next, stand the fruit on a cut end and slice off the peel and white pith below it, following the curve of the fruit with the knife as you go. Finally, working over a bowl, use a paring knife to cut toward the center of the fruit to release each segment from the surrounding membranes. (Squeeze any extra juice from the membranes into the bowl.)

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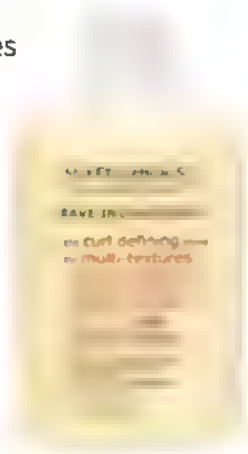

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Just Add Mustard

We tested and re-re-retested this recipe to get just the right balance of salty-chewy-doughy deliciousness.

❶ **LIGHT RYE FLOUR** We chose this type of flour for its nutty flavor and high fiber content—nearly three times as much as all-purpose flour. Because light rye flour absorbs a lot of water and produces denser breads, we blended it with all-purpose to lighten up the pretzel.

❷ **INSTANT DRY YEAST** Yeast is a must for leavening the dough, helping give pretzels their signature soft texture. We used instant dry yeast because it's less fussy than active dry yeast—it doesn't need to be bloomed in warm water first. You can mix it directly into the dry ingredients.

❸ **PRETZEL SALT OR COARSE KOSHER SALT** Large-grain pretzel salt delivers brininess and crunch and allows you to use less, reducing sodium. Some coarse kosher salts, such as Morton, provide similar results and are easier to find. Don't swap in iodized table salt. It will dissolve before the pretzels finish baking.

❹ **BAKING SODA** Pretzels get their brown color and glossy crust from a dip in an alkaline bath. Lye is traditional, but tricky to work with. Baking soda delivers a little less browning, but sure is easier to find and safer to handle.

Hover your phone's camera over this smart code to watch our Test Kitchen team make these pretzels.

LE GH BEISCH. STY.ING EMILY CANEER (FOOD), G.ENN JENKINS (PROPS), RECIPE BY ADAM DOLGE

Rye Soft Pretzels

ACTIVE: 40 min **TOTAL:** 2 hrs

- **2¼ cups all-purpose flour**
- **2 cups light rye flour**
- **1 package (2¼ teaspoons) instant dry yeast**
- **½ teaspoon salt**
- **1 tablespoon honey**
- **3 tablespoons extra-virgin olive oil, divided**
- **1½ cups water plus 3 cups, divided**
- **⅓ cup baking soda**
- **1 large egg, lightly beaten**
- **½ teaspoon (or more to taste) pretzel salt *or* coarse kosher salt, such as Morton**

1. Combine all-purpose flour, rye flour, yeast and salt in the bowl of a stand mixer fitted with a dough hook attachment. Add honey, 2 tablespoons oil and 1½ cups water. Mix on low until well combined, about 30 seconds. Increase speed to medium and knead for 5 minutes. Turn the dough out onto a clean surface and shape into a ball. Coat a large bowl with the remaining 1 tablespoon oil, add the dough and turn to coat. Cover with plastic wrap or a clean towel and set aside in a warm place until doubled in size, about 1 hour.

2. Position racks in middle and upper thirds of oven; preheat to 450°F. Coat 2 large baking sheets with cooking spray.

3. Turn the dough out onto a clean surface and divide into 12 pieces. To make each pretzel, roll a piece of dough into a 22-inch-long rope and make a U-shape. Lift the ends, twist them completely around each other once and drape the ends over the bottom part of the pretzel.

4. Combine the remaining 3 cups water and baking soda in a medium bowl. Submerge each pretzel for 10 seconds, then transfer to a clean towel and pat dry. Arrange the pretzels on the prepared pans. Brush with egg and sprinkle with pretzel salt (or kosher salt).

5. Bake the pretzels, rotating the pans from top to bottom and front to back halfway through, until golden brown, 12 to 14 minutes.

SERVES 12: 1 pretzel each

Cal 191 **Fat** 4g (sat 1g) **Chol** 16mg **Carbs** 33g **Total sugars** 2g (added 1g) **Protein** 5g **Fiber** 2g **Sodium** 386mg **Potassium** 76mg.

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers & Drinks																				
26	Caramelized Onion & Butternut Squash Dip	83	8	0	1	1	156	153				92				■		■		■
85	Goat Cheese Crostini with Fig Compote	137	23	4	4	2	183	94									■	■		■
94	Kahwah (Chai Tea)	3	1	0	0	0	6	13							■	■	■	■	■	■
84	Kentucky Mule	161	18	14	0	0	2	54											■	■
85	Oysters au Gratin with Spinach & Breadcrumbs	122	7	0	5	1	197	68			20	49	115	23	■			■		
Sides, Salads & Sauces																				
26	Charred Broccoli with Smoky Yogurt Sauce	115	11	0	8	4	338	461				36		108	■	■	■	■		■
99	Citrus Salad with Chia-Celery Seed Dressing	181	28	4	2	4	127	374				33		170	■	■	■	■		■
94	Red Chutney	5	1	0	0	0	72	39						20	■	■	■	■	■	■
105	Rye Soft Pretzels	191	33	1	5	2	398	76										■		■
93	Syrian Fattoush Salad	109	13	0	3	3	197	181				47		39	■		■	■	■	■
Soups																				
94	Afghan Tarkari (Vegetable Soup)	175	29	0	7	6	441	359		26		78			■	■		■	■	■
12	Slow-Cooker Potato Soup	183	27	0	4	3	439	648						47		■		■		■
22	Tomato & White Bean Soup with Shrimp	266	23	0	19	5	496	619				29		39	■			■		
Vegetarian																				
20	Edamame-Burger Lettuce Wraps with Peanut Sauce	310	32	0	15	8	793	473				129			■	■		■	■	■
38	Kale, Pear & Feta Salad	308	22	0	12	8	447	583		34	33	112		103	■	■		■		■
36	Pasta with Homemade Ricotta & Roasted Broccoli	364	37	0	18	6	398	581	26	26		65		155	■			■		■
41	Vegetable Bourguignon	267	23	0	4	4	492	898				96						■		■
Chicken																				
30	Antipasto Smothered Chicken	303	3	0	28	1	476	263							■	■		■		
25	Cauliflower Nachos with Chicken	487	27	0	36	11	484	1,238	23	46				202	■	■	■	■		
92	Chicken Kurma	175	7	0	24	2	400	436						74	■	■		■		
101	Chicken Paillards with Blood Orange Pan Sauce	392	16	0	32	2	463	649						97	■	■				
18	Chicken Tagine with Apricots & Olives	344	27	0	22	6	473	579							■	■		■		
Fish & Seafood																				
99	Fish Tostadas with Blood Orange Salsa	572	54	0	28	14	738	1,537		33		58	21	185	■	■		■		
14	Parchment Packet Baked Tuna with Creamy Dijon-Turmeric Sauce	312	14	1	36	2	512	901				35	40	41	■	■	■	■		
34	Salmon with Roasted Red Pepper Quinoa Salad	481	31	0	36	4	707	774				23	100		■	■		■		
28	Smørrebrød with Herring, Beets & Arugula	224	31	0	12	7	488	268					30		■			■		
Beef, Pork & Lamb																				
86	Beef Tenderloin with Pomegranate Sauce & Farro Pilaf	414	33	0	30	4	438	507					23					■		
92	Lula Kebab	361	23	0	28	3	383	639						61				■		
93	Mantu (Afghan Dumplings)	304	29	0	23	2	412	412			21							■		
100	Rosemary-Blood Orange Lamb Chops with Charred Blood Oranges	279	10	0	21	2	415	400					27	64		■		■		
33	Sesame-Crusted Pork with Sweet & Sour Sauce	414	13	9	29	2	607	332							■	■				
16	Spaghetti Squash Casserole	470	28	0	43	7	719	1,299	23		42	46		39	■	■		■		
Desserts																				
100	Blood Orange Upside-Down Cake	277	35	17	6	2	183	123						29						■
101	Brûléed Blood Oranges with Yogurt & Cardamom	168	27	9	7	3	25	368						110	■	■	■	■		■
87	Flourless Chocolate-Chile Cake	286	26	22	4	2	95	152								■				■

For more info about our nutritional analyses: *eatingwell.com/go/guidelines*

Try an Afghan chai tea, page 94.

ERIC WOLFINGER, STYLING ERIC LUNDY (FOOD) ALMA ESPINOLA (PROPS)

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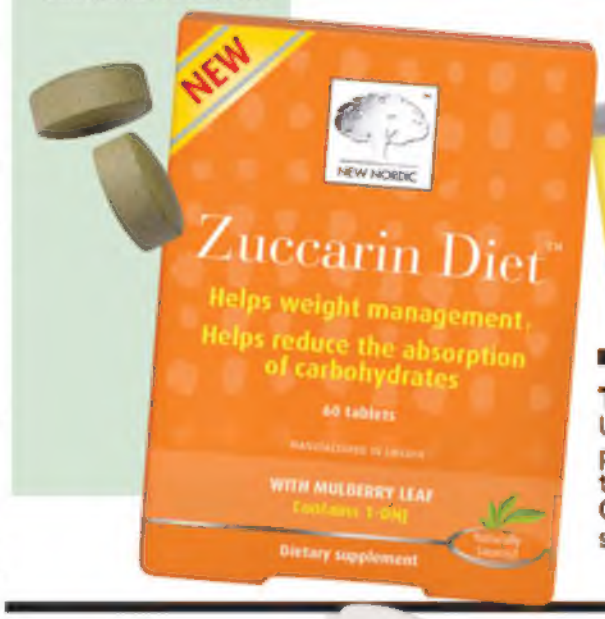

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The Power of Pie

Activist Rose McGee celebrates Martin Luther King Jr.'s birthday by baking pies that bring her community together

By Julie Kendrick • Photo by Sara Rubinstein

In 2020, McGee will visit historically black colleges and universities across the country to work toward her goal of building racial unity.

THE MOTIVATION As she watched televised coverage of the 2014 shooting of Michael Brown Jr.—the young black man killed by a white police officer in Ferguson, Missouri—Rose McGee felt heartbreak, despair and a gnawing feeling that there was nothing she could do to help. Then the resident of Golden Valley, Minnesota, says she heard a voice telling her: "Go bake some pies and take them down there." Baking is second nature to McGee, who used to sell her signature sweet potato pies—which she calls "the sacred dessert of black culture"—at the Minneapolis Farmers Market. So she baked 30 pies, drove more than 500 miles to Ferguson and hand-delivered them to protesters. McGee recalls the reaction of one grieving pie recipient: first, the woman was skeptical; then, "She cried tears of joy."

WHAT SHE DID Back in Golden Valley, McGee called up the mayor to discuss the healing power pie could have on her own community. And her annual "Sweet Potato Comfort Pie" event was born. The goal: build racial unity through giving and receiving pies. On the Saturday before Martin Luther King Jr. Day, McGee and 50-plus volunteers bake sweet potato pies—one for every year since Dr. King's birth. (This year they'll bake 91 pies.) The next day, she leads the community—a mix of students, civic groups, law enforcement officers and more—in small group discussions around race in which they determine who will get the honor of receiving a pie.

WHY IT'S COOL Past pie recipients have included firefighters, teachers, health care workers, members of racial justice organizations and mayors of St. Paul and Minneapolis. Scott Charlesworth-Seiler, a fourth-grade teacher in north Minneapolis, was gifted a pie in the middle of class. "Our school is primarily African American, so my students immediately understood that particular pie as a symbol of family and celebration," he says. McGee, who continues to hand-deliver pies across the country in response to incidences of racial violence, knows food is a great unifier. She says, "Creating, gathering and giving these pies away is a powerful experience."

Hover your phone's camera over this smart code to get Rose's Sweet Potato Pie recipe!

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